

Name: _____ Date: _____

Managing Stress and Anxiety

1. Reaction of mind and body to everyday challenges and demands
 2. Act of becoming aware through the sense
 3. Anything that causes stress
 4. Physical reaction that results from stress rather than an injury or illness
 5. Stress associated with long-term problems
 6. Biological, Environmental, Personal behavior ,Life situation, and Cognitive or thinking stressors
 7. Skills that help an individual handle stress in a healthful, effective way
 8. A state of calm
 9. Condition of feeling uneasy or worried
 10. Helplessness, Hopelessness, and Sadness
 11. Ability to recover from disappointment difficulty, or crisis
 12. Conditions that shield individuals from the negative consequences
- A. Stress-management skills
 - B. Psychosomatic response
 - C. Anxiety
 - D. Protective factors
 - E. Relaxation response
 - F. The categories of stressors
 - G. Stress
 - H. Stressor
 - I. Resiliency
 - J. Chronic stress
 - K. Depression
 - L. Perception