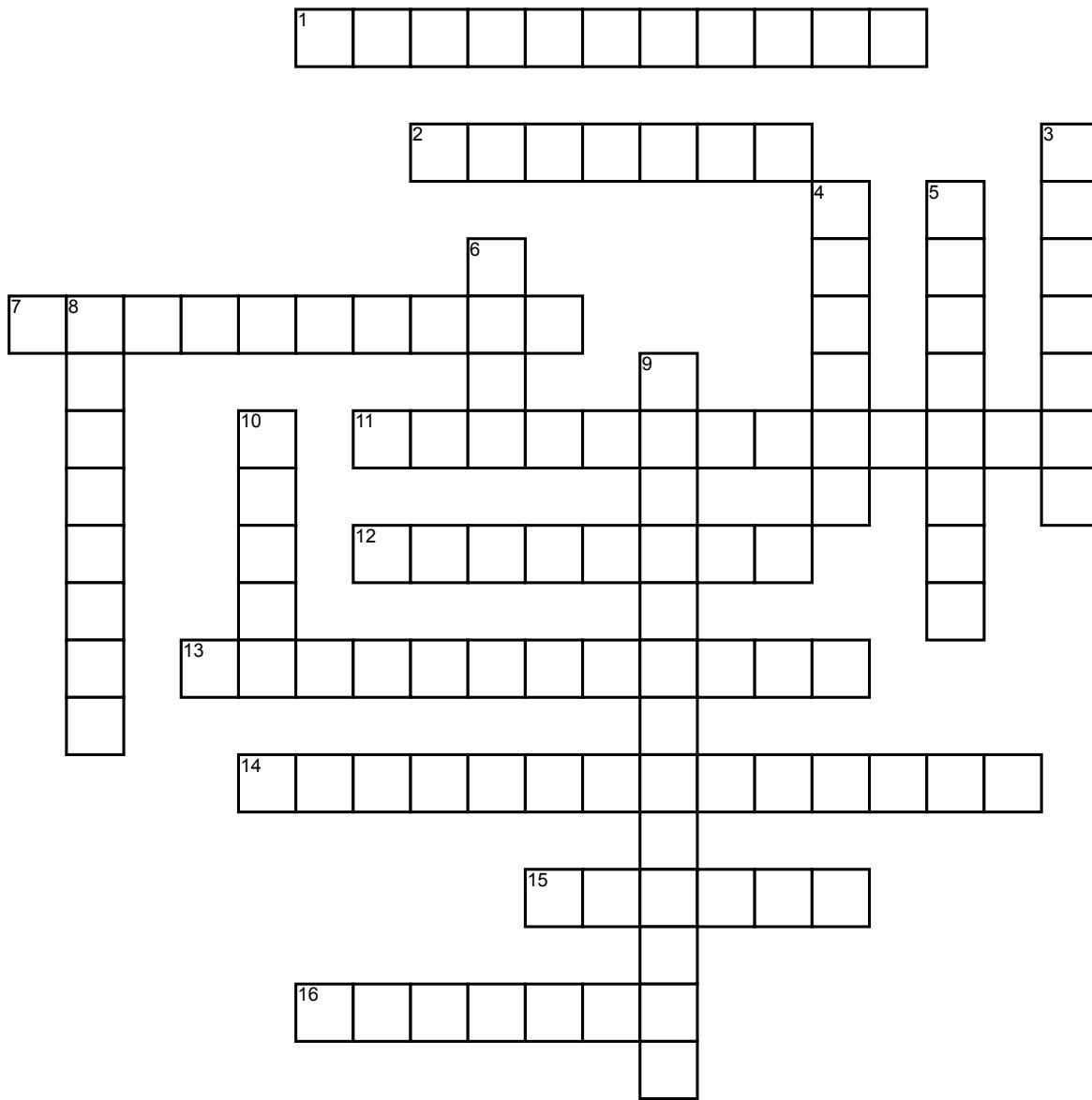


Name: _____

Date: _____

Project on Stress



Across

- (Getting a job at) A place that works with helping elderly.
- A stress reliever which involves a notebook and pen.
- A synonym for leisure.
- A project required by CVU in order to graduate.
- A common hassle for teens that is assigned in school is _____.
- In order to get into college you must fill out _____.
- The act of working through hard situations.

15. " _____ is a person's reaction to their own inability to cope with a certain tense event or situation.

16. Elimination of everyday stress through positive events that occur.

Down

3. The minor stresses which take place in everyday life and can gradually deteriorate a person's health are known as _____.

4. The people who can cause you the most stress but love you unconditionally.

5. The act of preparing.

6. A peaceful form of meditation.

8. Is good stress which encourages and motivates people to take on challenges.

9. A type of stress in response to emotional pressure. Is detrimental because it causes an individual to have little to no control.

10. When becoming overwhelmed, getting a healthy amount of this will help you in the morning.