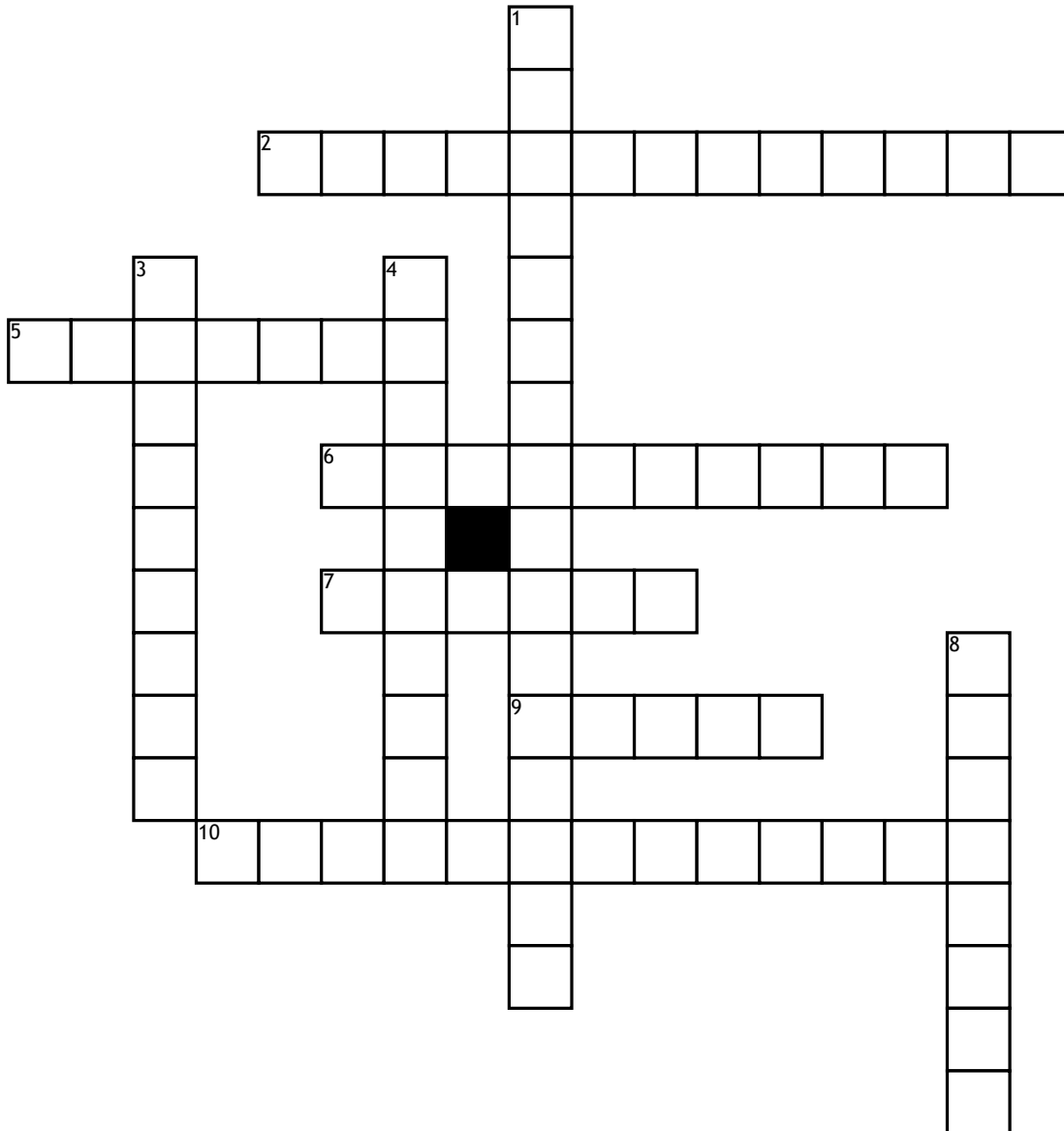


# STRESS



## Across

2. This stressor includes natural disasters, and pollution
5. This stage causes the body to become tired and low level of energy
6. This type of stressor includes illness, disease, and injury
7. A reaction to the body and mind to everyday challenges
9. This stage causes us to be more aware of our surrounding

10. This stressor includes the death of a pet or family member and divorce of parents

## Down

1. A stressor that involves smoking or drinking
3. Anything that causes stress
4. This stage is also known as fight or flight
8. This Stressors is how we look at a situation