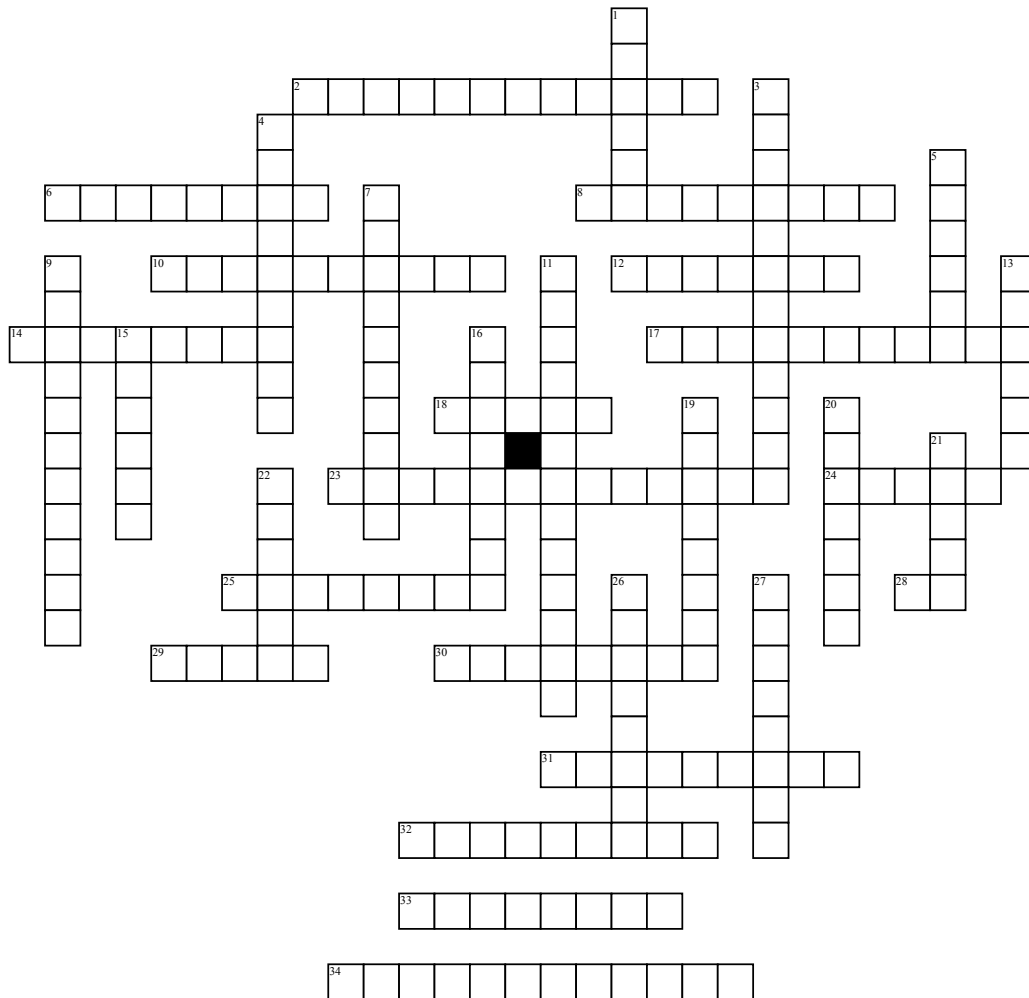


Name: _____

Date: _____

Stress



Across

2. Can be caused by chronic stress
 6. Stress Hormone
 8. Feel-good hormone
 10. Produced in the adrenal gland for stress
 12. Mouth cancer can result from too much of this
 14. Where is insulin made (what organ)?
 17. Substance that causes plaque to accumulate
 18. Good substitute for soda
 23. Sign of stress
 24. Damages the lining of the arteries - high blood ____
 25. A source of stress

28. Most expensive way to handle a health emergency
 29. BMI over 30
 30. PSA test is for what gland
 31. Helps lower stress
 32. Illness marked by Hearing voices and imaging things
 33. Cancer- fighting substance in tomatoes
 34. Sweet potatoes and blueberries are sources of what?

Down

1. The sticky substance on the walls of the arteries
 3. Part of the brain that starts the stress response

4. This kind of meat can cause cancer
 5. Number two killer of men
 7. The key to fighting stress
 9. What's the number one killer of men
 11. A sign of stress
 13. Good source of omega-3 fatty acids
 15. Caused by too much red meat
 16. One of the diseases that stress causes
 19. One of the best ways to lower stress
 20. Good source of protein and fiber
 21. 2/3 of your body weight is this
 22. Condition caused by excessive anxiety
 26. Sign of a stroke
 27. Reduce this to manage stress

Word Bank

Salmon	Serotonin	Cancer	Lycopene	Sugar	Obese	Cashews
Heart disease	Prostate	Cancer	Cortisol	Relaxation	Antioxidants	Alcohol
Hypothalamus	Adrenaline	Pancreas	Water	Weakness	Exercise	Breathing
Forgetfulness	Caffeine	Water	Plaque	Genetics	Heartattack	Stress
Processed	Forgetfulness	Psychosis	Diabetes	Cholesterol	ER	