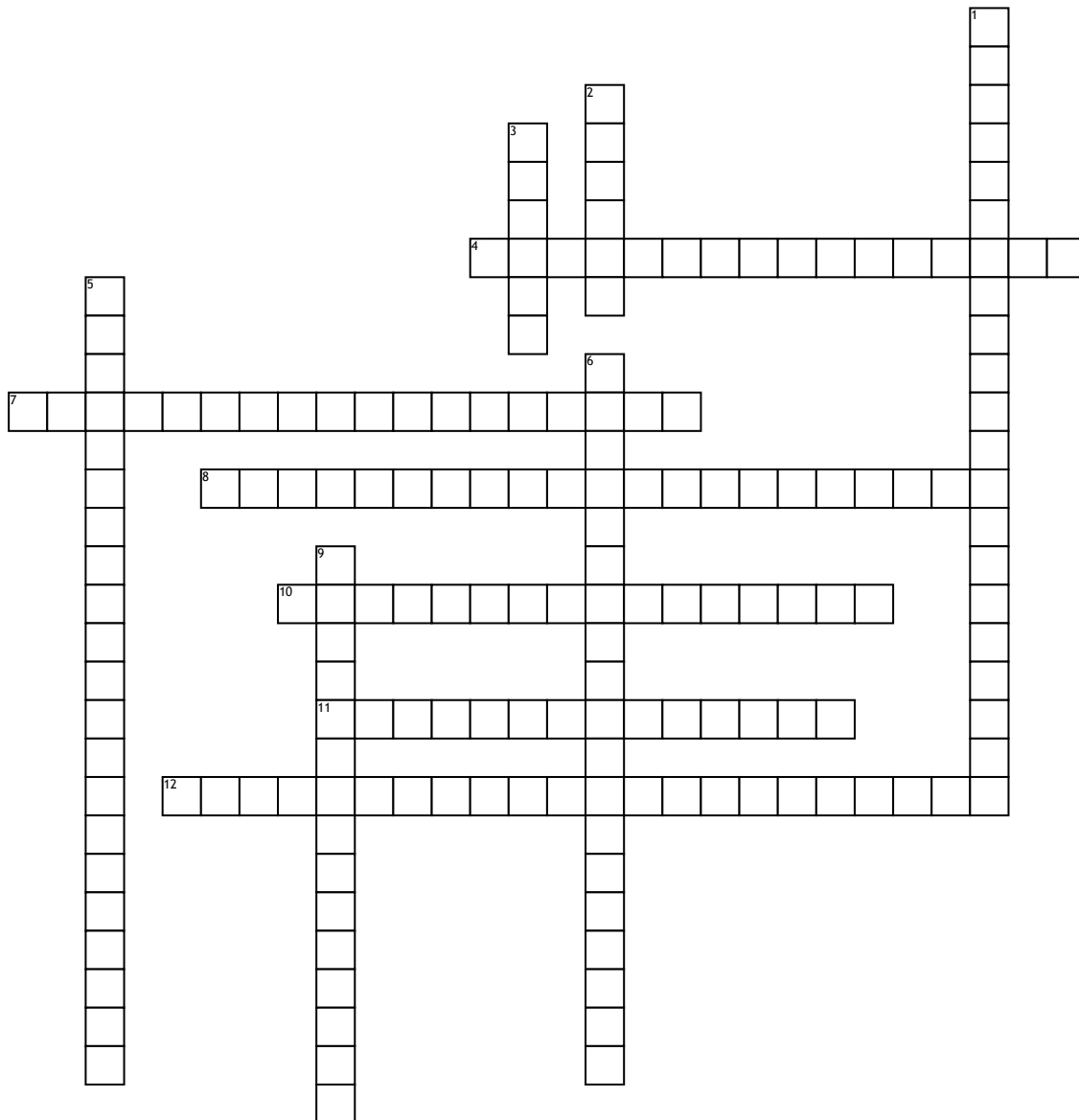


Name: _____

Date: _____

Stress, Coping and Health



Across

4. Field of psychology, also called behavioral medicine, that integrates the behavioral sciences with the practice of medicine

7. Perception regarding our ability to cope with an event

8. Coping strategy by which we problem-solve

10. Initial decision regarding whether an event is harmful

11. Stress hormone

12. Coping strategy that features a positive outlook on feelings

Down

1. Physical and psychological reaction that mobilizes people to either defend or escape

2. Minor annoyance that strains our ability to cope

3. Tension, discomfort, or physical symptoms

5. study of the relationship between the immune system and the central nervous system

6. Illnesses in which emotions and stress contribute

9. Anticipation of problems and stressful situations that promotes effective coping