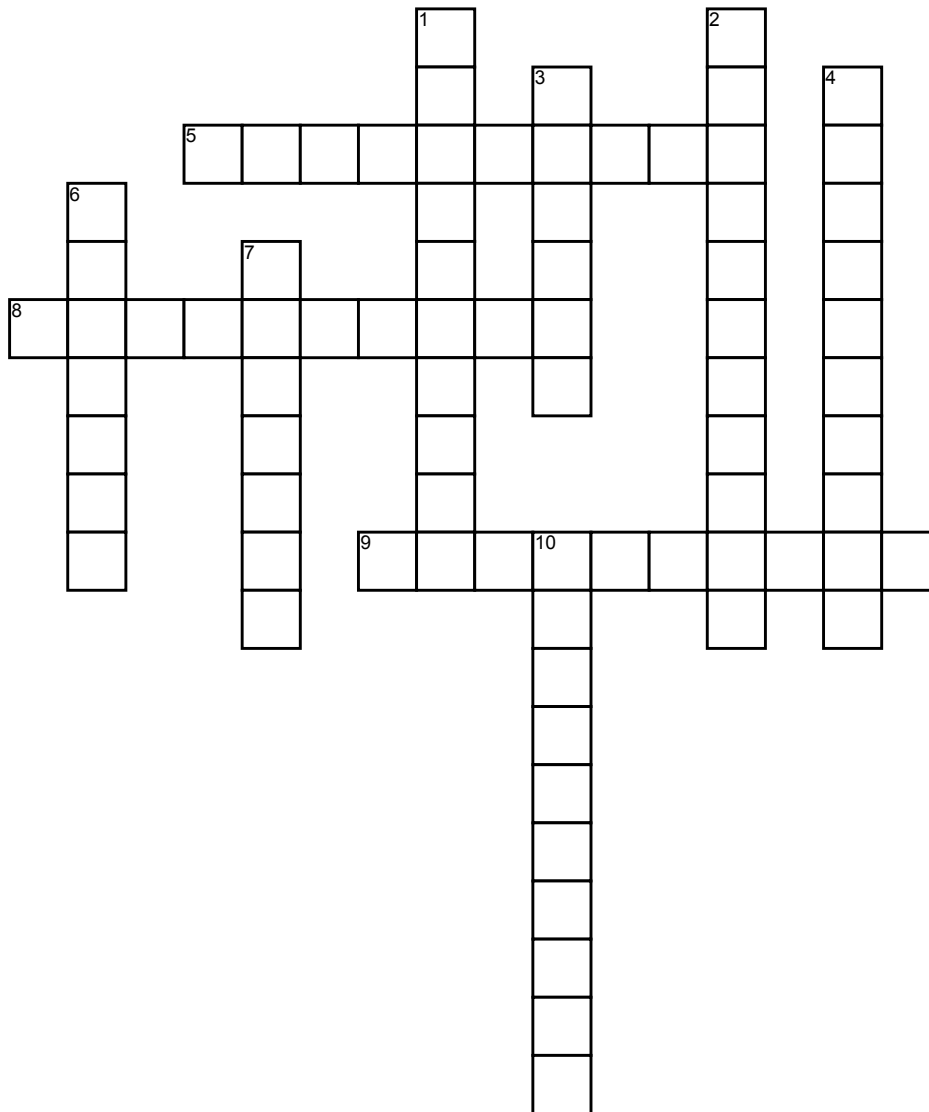


Name: _____

Date: _____

Stress Management



Across

5. The experience of being forced to give up something and face a change

8. Techniques for adapting the work environment to the human body

9. A mood disorder, symptoms such as withdrawal, overwhelming sadness, or hopelessness may persist for weeks

Down

1. Being capable of bouncing back when you are confronted with stressful situations

2. Maintaining an awareness of emotions, thoughts, and feelings that occur in the present moment. It is a method of discipling the mind and controlling emotions.

3. Refers to two simultaneous events: an external stimulus, called a stressor, and the physical and emotional responses to that stimulus

4. A relaxation technique that slows your pulse, respiration, and brainwave activity and lowers your blood pressure

6. A gradually intensifying pattern of physical, psychological, and behavioral dysfunction that evolves in response to a continuous flow of stressors

7. A condition in which intense feelings of apprehension are longstanding and usually disruptive

10. The process of replaying an incident over and over in our minds