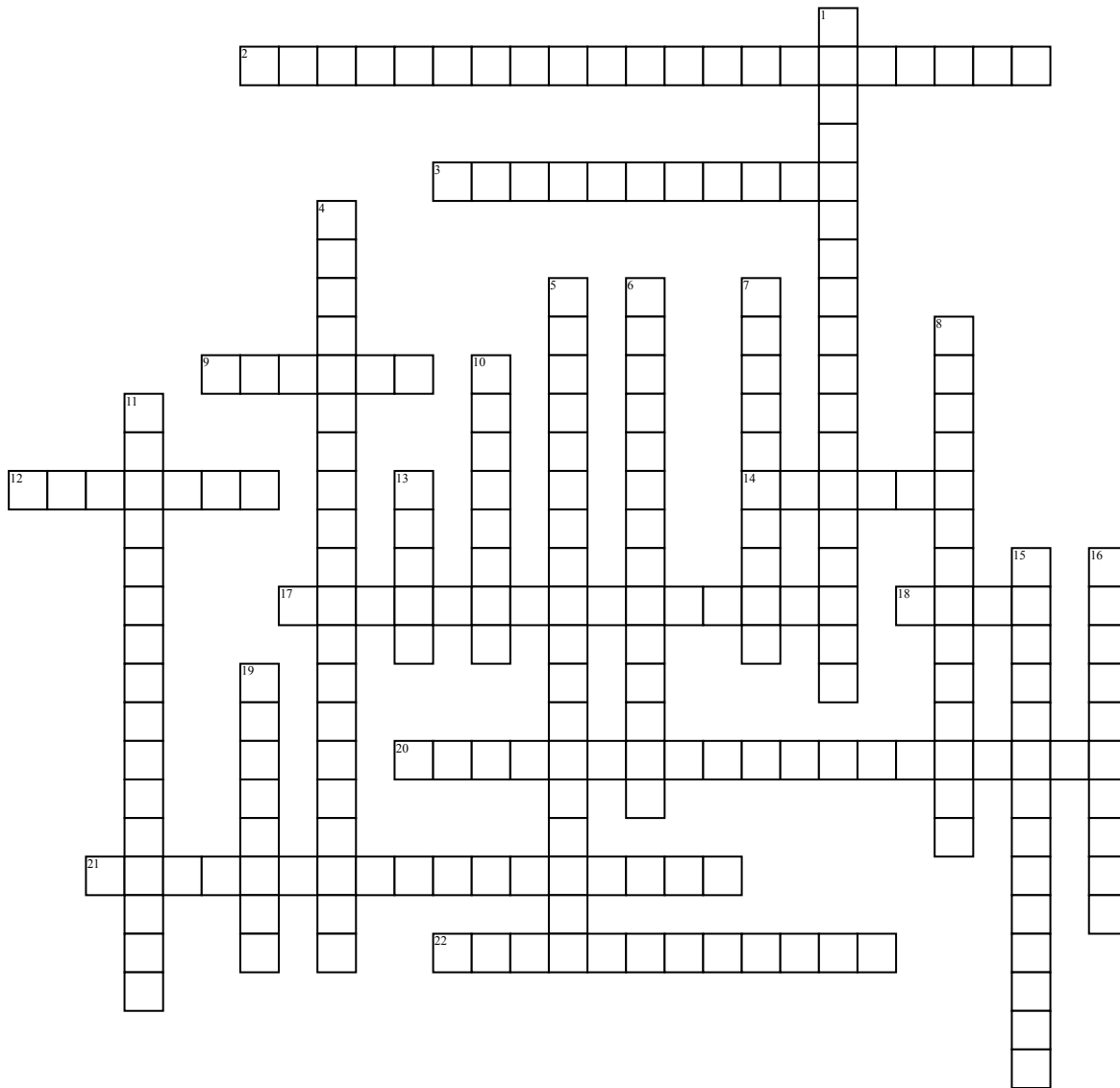


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Stress and Coping



## Across

2. Real or imaginary stressors  
 3. A defense mechanism, is the active, conscious process of denying unacceptable thoughts or emotions  
 9. The process in which the individual can control or modify their responses to stressors  
 12. Characterized by apprehension, dread, mental uneasiness, and a sense of helplessness  
 14. The body's general nonspecific response to the demands placed on it by a stressor  
 17. The hormonal triggers that are intended to promote adaptation through mechanisms  
 18. Sense of apprehension triggered by a perceived threat to safety or well-being.

20. The physical, spiritual, cognitive, emotional, and psychologic well-being of an individual  
 21. Directly trigger the stress response without any necessary cognitive process on the part of the individual  
 22. The individual day-to-day tensions that people face are commonly referred to in stress and coping

## Down

1. Individual attempts to predict the impact, intensity, and duration of the coping behavior necessary to respond to the stressor  
 4. Mental processes used to interpret and make sense of environmental stimuli  
 5. How the individual perceives the stressor  
 6. The physical cost of adaptation to physiologic or psychosocial stressors

7. Persistent feeling of emptiness, hopelessness, sadness, or despair.  
 8. Physiologic changes triggered by stress  
 10. Good stress associated with accomplishment and victory  
 11. The "first impression" occurring immediately on exposure to a stressor  
 13. Subjective sense of intense displeasure, irritation, or animosity  
 15. Evaluating a challenging situation, identifying potential steps to resolve the situation, and then implementing those steps.  
 16. The changes that are necessary to achieve the characteristic stability of homeostasis  
 19. Stress associated with inadequacy, insecurity, and loss