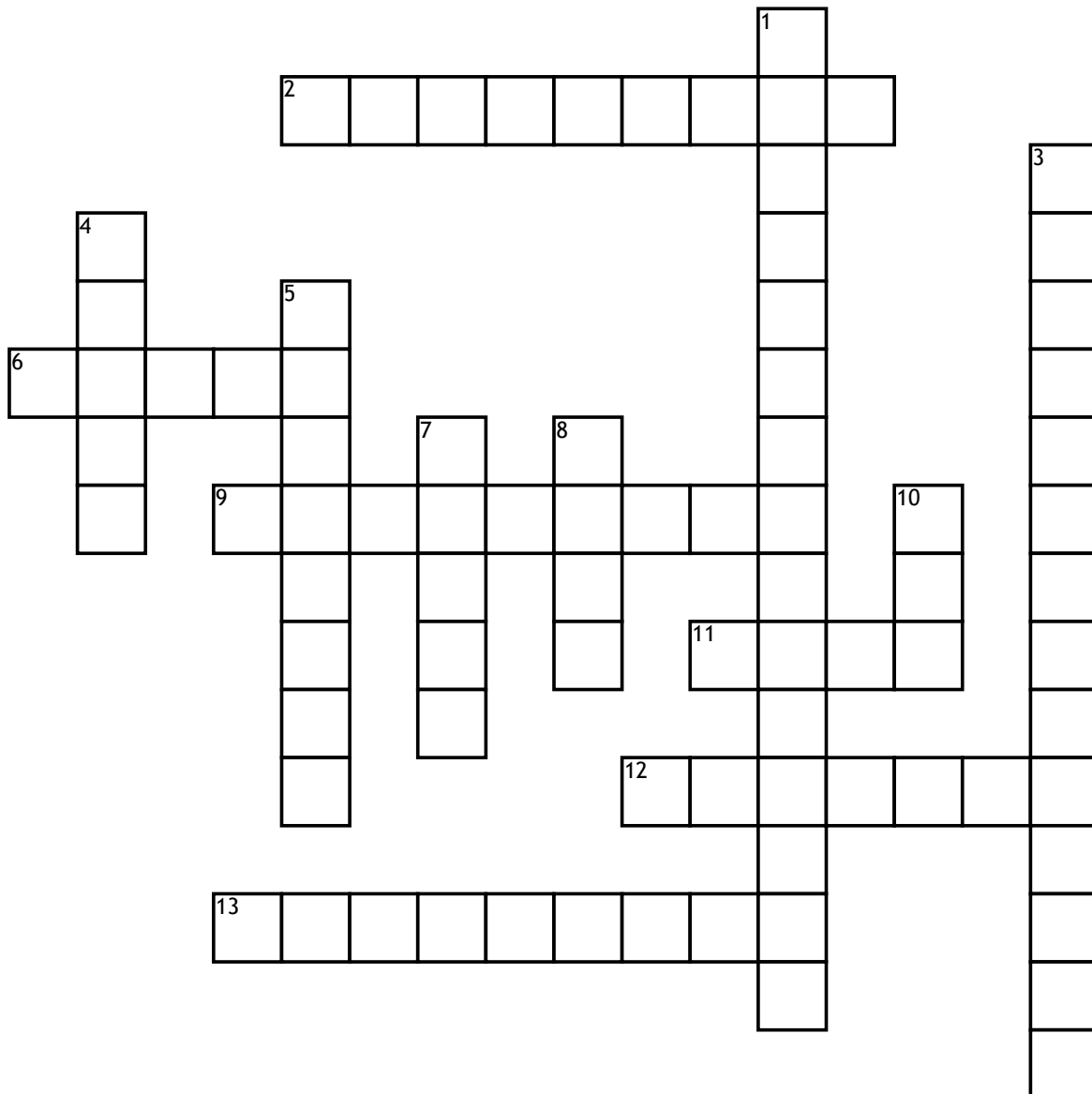


Stress and Shift Work



Across

2. A sign of mental stress

6. Our biological clock is set for us to be awake during the day and asleep at

9. Secondary stress can affect your

11. A negative attitude has no place in the

12. The effect of long-term stress is sometimes called

13. Eat fruit instead of Down

1. as you encounter and provide rescue and relief to those who have experienced disaster, you will be exposed to

3. Soreness in the back, neck and shoulders is a sign of

4. You are what you

5. Maintain a positive

7. Make sure you get adequate

8. Shift work is hard on the mind and

10. What is the short form for Employee Assistance Program