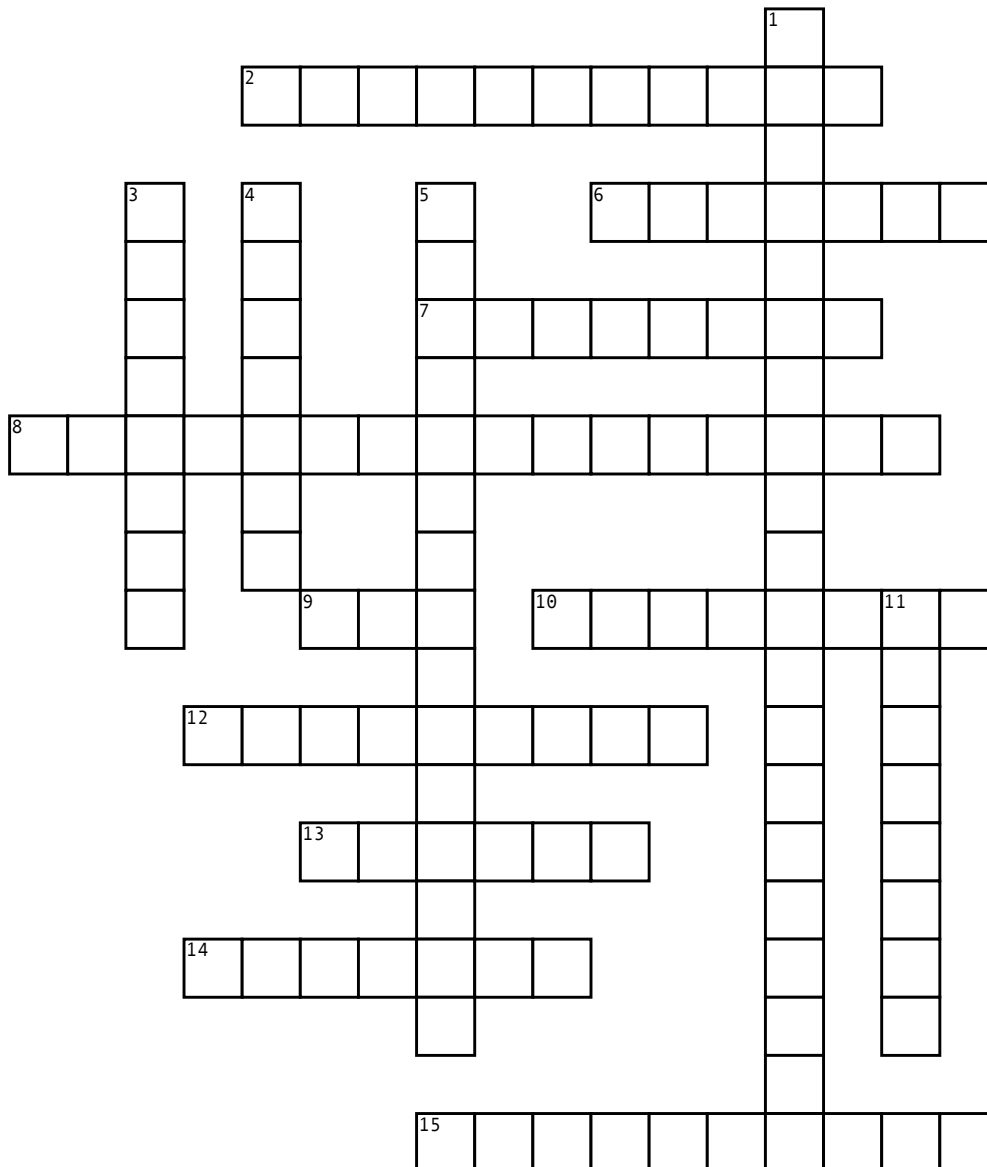


Understanding and controlling stress



Across

- 2. Generally prevalent
- 6. When a person experiences an anxiety _____ he or she feels dizzy, faint, with a rapid heartbeat, and nauseous
- 7. Depression is a real illness and not caused by _____ weakness
- 8. Work off tension with a _____, like screaming into a pillow, taking a walk, or lifting weights
- 9. Feeling _____ is a normal response to a disappointing event in your life
- 10. Loss of appetite, suicide attempts and irritability are all _____ of depression

- 12. Maintain a healthy _____ so that you are able to handle whatever life throws your way
- 13. a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
- 14. Feeling that everyone experiences occasionally when dealing with things they fear or worry about
- 15. Psychiatric disorder characterized by an inability to concentrate; insomnia, loss of appetite, feelings of extreme sadness, thoughts of death

Down

- 1. Deep breathing, the worry box, or meditation

- 3. Visualize a box that has a lock and key, imagine yourself putting all your fears and worries into the box
- 4. Take several deep breaths, releasing _____ with each exhale
- 5. Manic-depressive illness
- 11. A severe, recurring headache, usually affecting only one side of head, sharp pain and often accompanied by nausea, vomiting, and visual disturbances