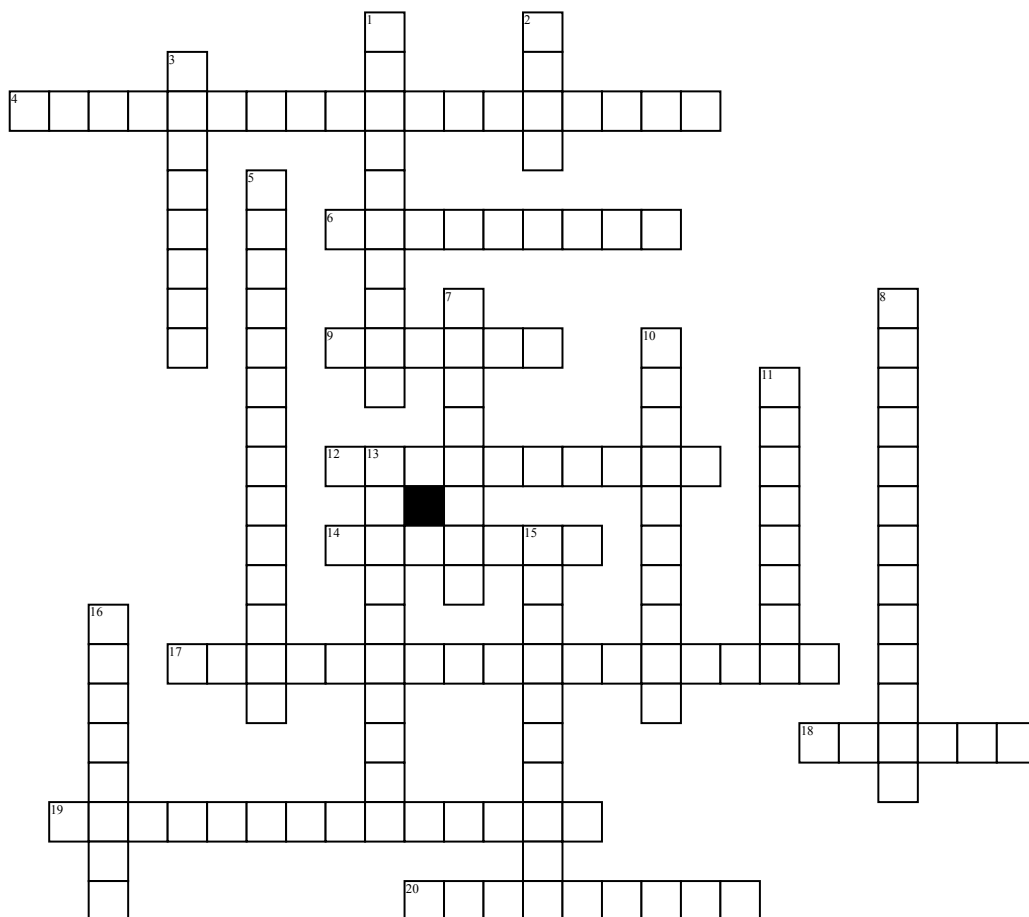


Wellness Today (Concepts 17 and 18)



Across

4. You view a negative event as a never-ending pattern of defeat
 6. A collection of personality traits thought to make a person more resistant to stress
 9. A person's constantly changing cognitive and psychological efforts to manage stressful situations
 12. Creating something anew
 14. Time that is free from the demands of work
 17. Associated with high levels of organization, thoughtfulness, and goal-directed activity

18. Nonspecific response of the body to any demand made on it in order to maintain physiological equilibrium
 19. Learning to prioritize tasks
 20. Evoke a stress reaction

Down

1. The body's efforts to restore normalcy
 2. Activity done of one's free will
 3. Refusing to think about the situation or pretending no problem exists
 5. Seeking immediate, temporary relief from stress through distraction
 7. Negative stress, or stress that contributes to health problems

8. The behavior of others that assists a person in addressing a specific need
 10. Insufficient levels of stress leading to boredom
 11. Positive stress, or stress that is mentally or physically stimulating
 13. Using physical activity to reduce the symptoms of stress
 15. Positive outcomes in the face of stress
 16. The tendency to have a positive outlook on life or a belief that things will work out favorably

Word Bank

Optimism	Time management	Conscientiousness	Exercising	Adaptation
Ignoring	Social support	Distress	Resilience	Avoidant coping
Recreation	Eustress	Hypostress	Leisure	Coping
Stressors	Overgeneralization	Hardiness	Stress	Play