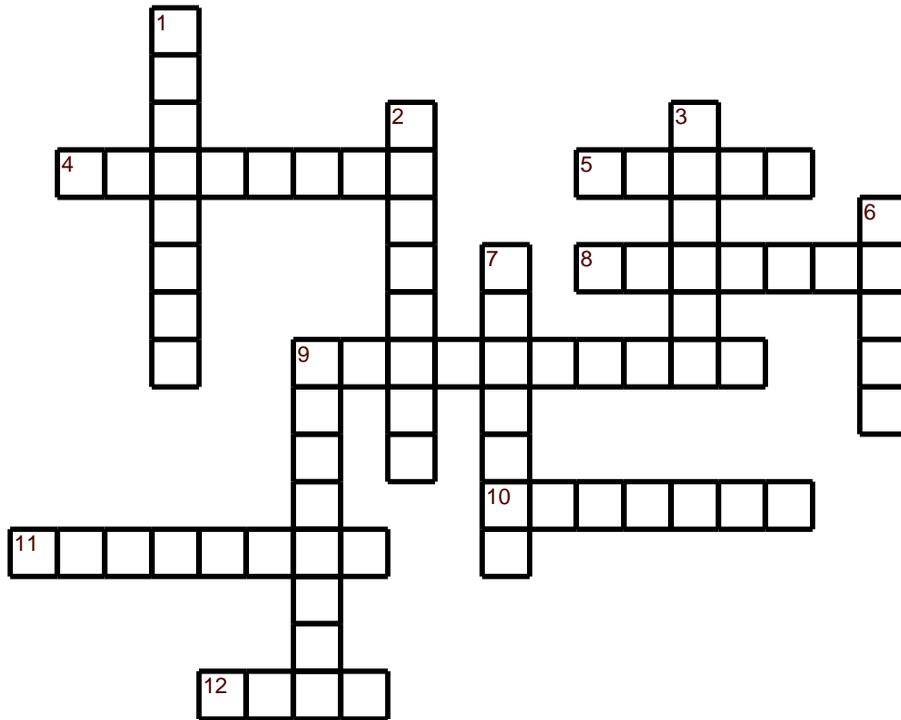


Workplace Stress

Complete the puzzle using the clues shown below.



Across

4. Stress can be ___ or negative.
5. ___ at situations, yourself, or a joke.
8. Using ___ is a negative reaction to stress.
9. You can reduce stress by setting ___.
10. Feeling you lack ___ over your job can cause stress.
11. If you can't change a situation, you can change your ___ to it.
12. If you feel overburdened by constant stress, get ___.

Down

1. Physical reactions to stress included increased blood ___.
2. Concern over job ___ can cause stress.
3. One physical reaction to change can be ___ tension.
6. Don't try to place ___ on yourself or others.
7. Accept that no one is ___.
9. ___ stress can cause you to have more stress on the job.