

# Stress Awareness Month 2019

## Across

1. These are the familiar people in our life that help us cope with the stressful times because they know us well and listen

2. Type of vacation where you stay at home

4. If done at park or gym or home, this activity relieves stress and is good for you

8. What it's called when people talk to a mental health professional

9. People go on these at least once a year for a break from their job

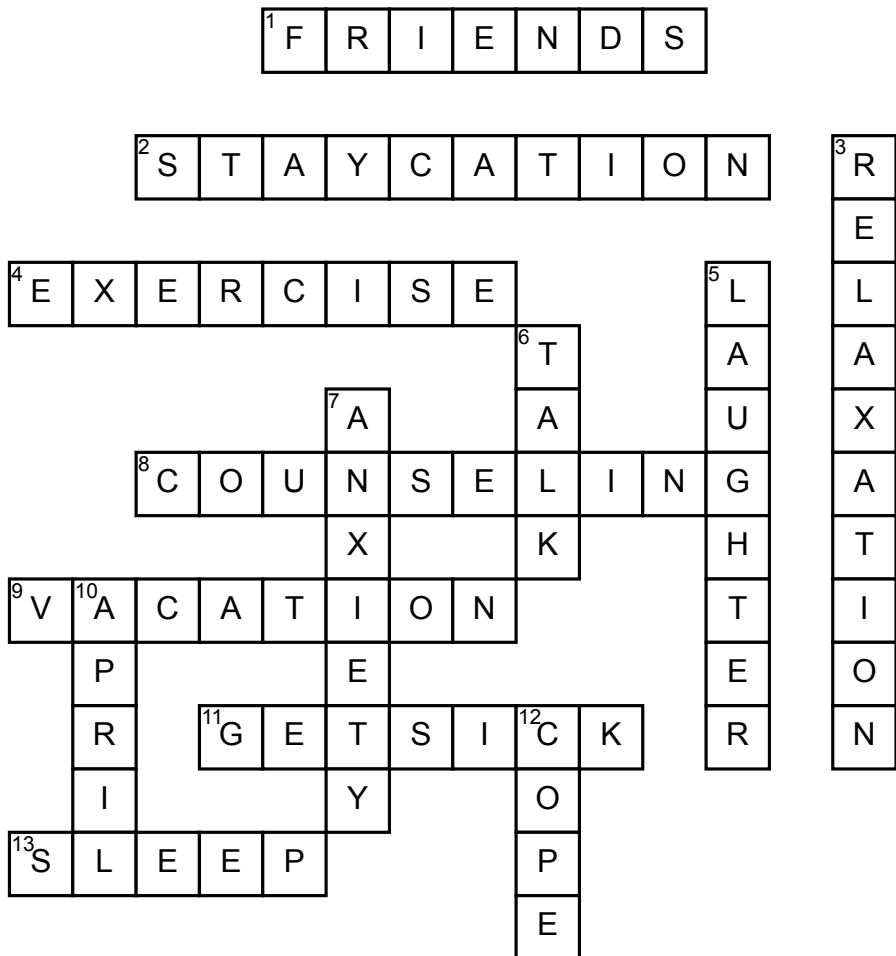
11. What can happen if your body gets run down from stress and lack of sleep

13. You should get about 8 hours each day to maintain health and happiness

## Down

3. Time off from work, doing nothing but enjoying yourself

5. This is done out loud, when something is funny and can make you feel better



6. To share and express your thoughts and feelings to a person who will listen

7. feelings of high stress, panic, worry. Sometimes including physiological symptoms.

10. What is the month of Stress Awareness Month

12. To manage your stress through different ways that make you feel better

