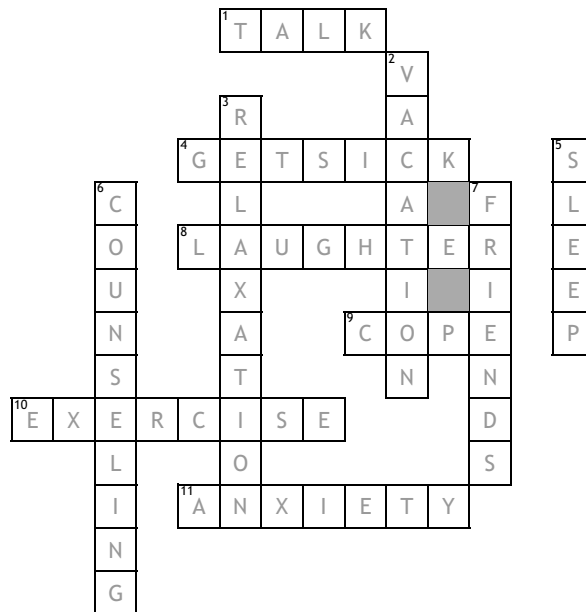


# STRESS RELIEF



## Across

- To share and express your thoughts and feelings to a person who will listen.
- What can happen if your body gets run down from stress and lack of sleep.
- This is done out loud, when something is funny and can make you feel better.
- To manage your stress through different ways that make you feel better.
- If done at park or gym or home, this activity relieves stress and is good for you.
- Feelings of high stress, panic, worry. Sometimes including physiological symptoms.

## Down

- People go on these atleast once a year, for break from their job.
- Time off from work, doing nothing but enjoying yourself.
- You should get about 8 hrs each day to maintain health and happiness.
- What it's called when people talk to a mental health professional.
- These are the familiar people in our life that help us cope with the stressful times because they know us well and listen.