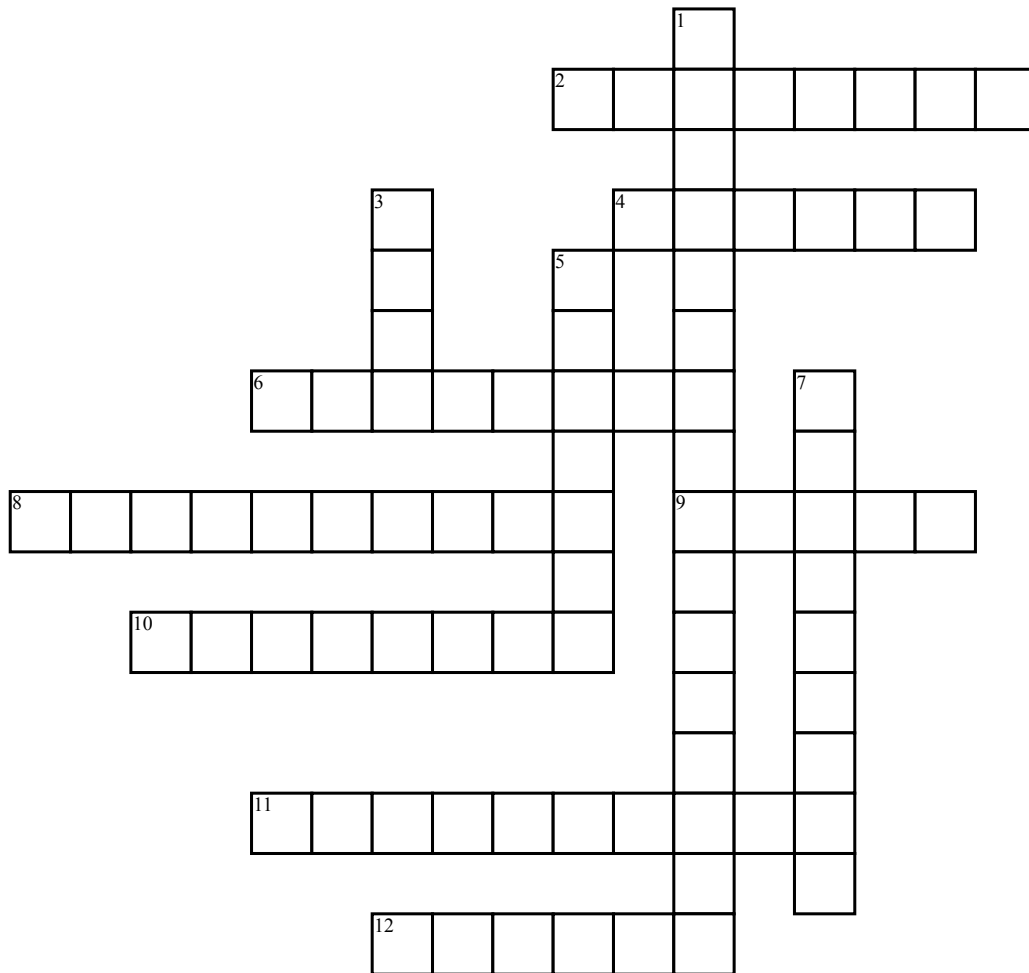


Stress Relief



Across

- 2.** This is done out loud, when something is funny and can make you feel better.
- 4.** A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
- 6.** If done at park or gym, this activity relieves stress and is good for you.

- 8.** Time off from work, doing nothing but enjoying yourself
- 9.** You should get about 8 hours each day to maintain health and happiness.
- 10.** Moderate or normal psychological stress interpreted as being beneficial for the experiencer.
- 11.** Mental exercise designed to calm and focus a person

- 12.** Emotional release

Down

- 1.** Dory's mantra
- 3.** To manage stress through different methods that make you feel better.
- 5.** Familiar people in our life that help us cope with the stressful times.
- 7.** Effective for quick relaxation

Word Bank

friends	just keep swimming	stress	laughing
eustress	exercise	meditation	crying
sleep	breathing	relaxation	cope