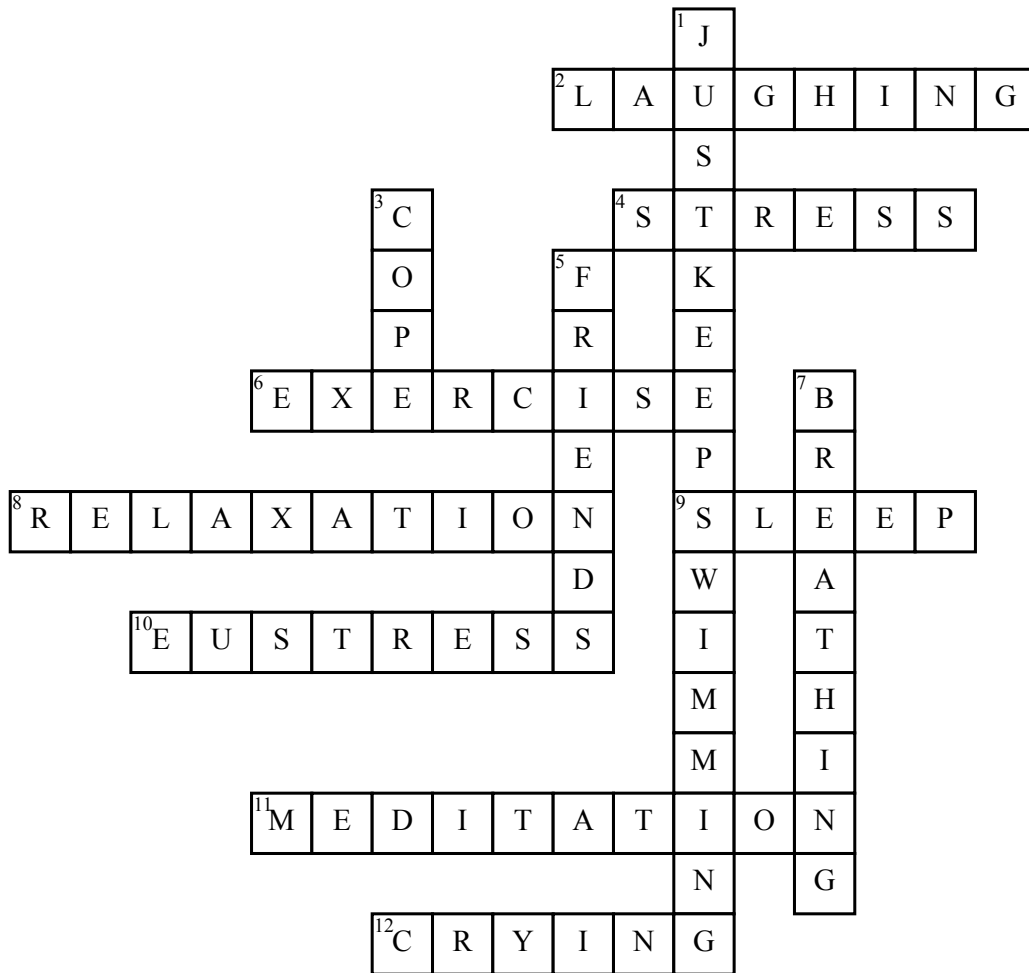


Stress Relief



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

eustress
crying
stress

breathing
just keep swimming
relaxation

exercise
cope
meditation

friends
sleep
laughing