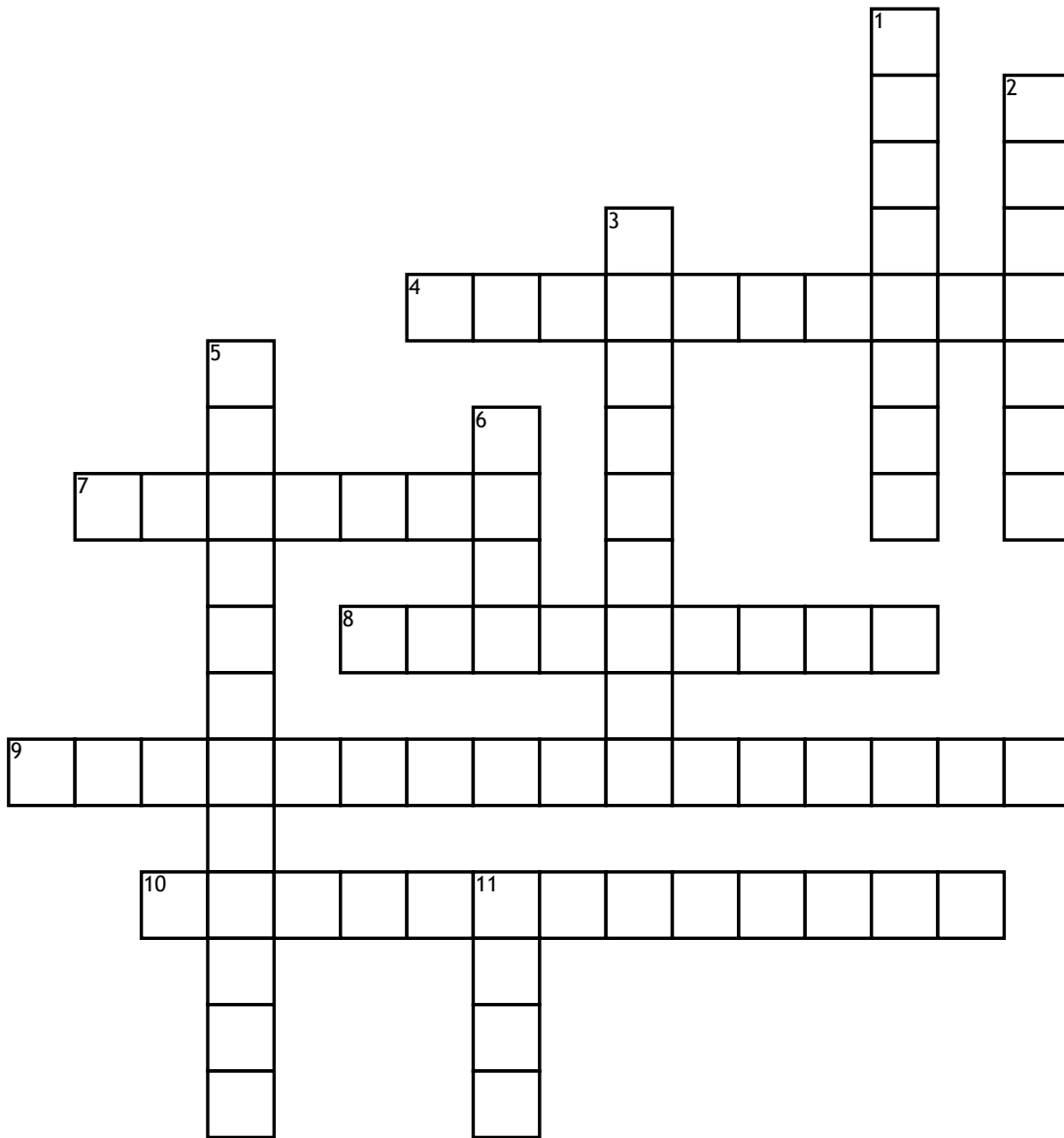


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# EFFECTIVE PROBLEM SOLVER



## Across

- 4. YOGA, RELAXATION (FOR EXAMPLE)
- 7. TAKE THREE DEEP
- 8. SET \_\_\_\_\_ GOALS
- 9. SADNESS, GUILT, ANGER OR ANXIETY (2 WORDS)
- 10. DO THIS WHEN YOU FIRST GET STRESSED (3 WORDS)

## Down

- 1. OBSTACLES TO YOUR GOALS
- 2. \_\_\_\_\_ PROBLEM SOLVING
- 3. USE YOUR MINDS EYE
- 5. BLOWING THING OUT OF PROPORTION
- 6. STOP, SLOW DOWN, THINK, ACT
- 11. \_\_\_\_\_ IMPORTANT FACTS