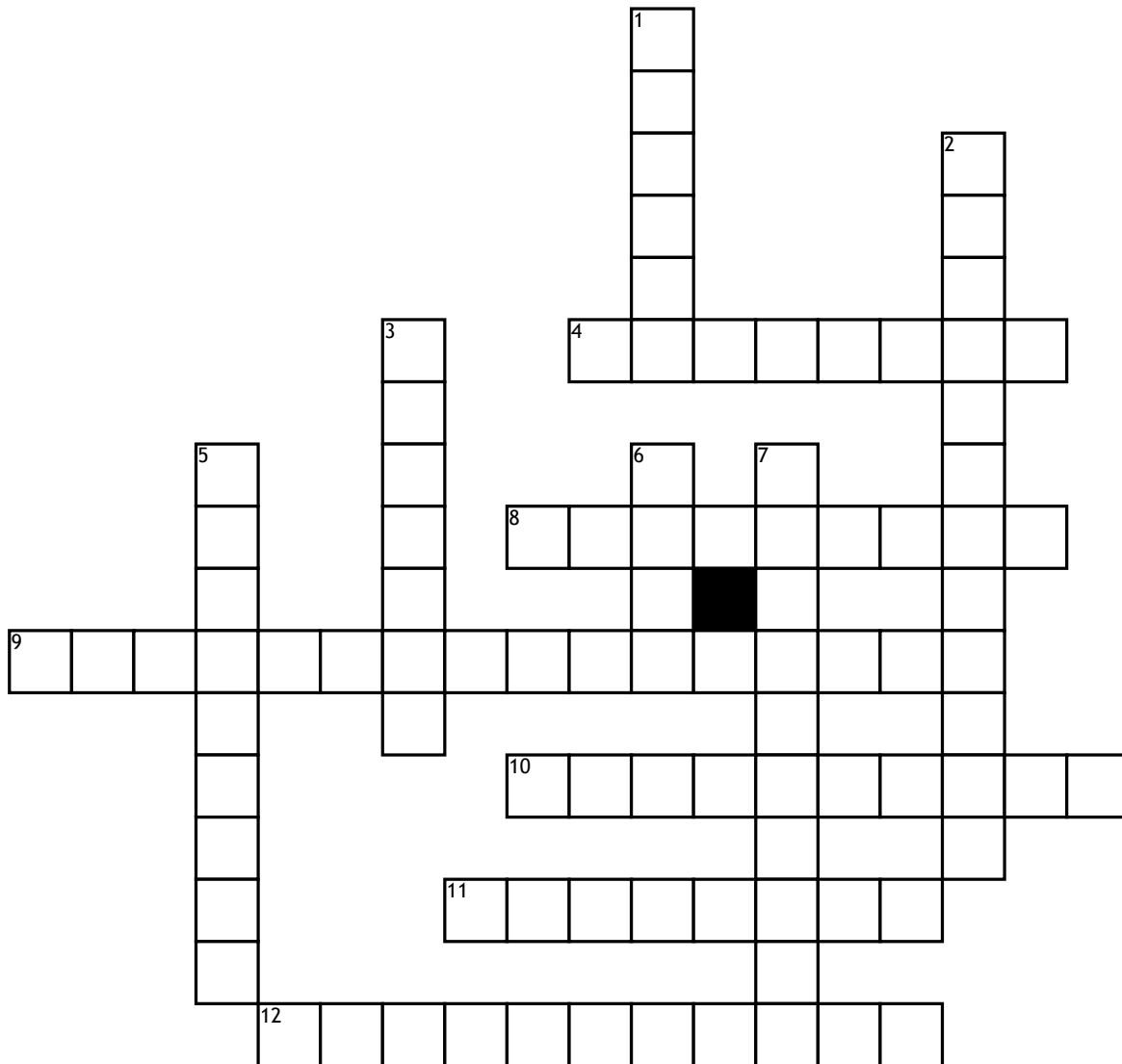


Healthy Life Style and Stress Management



Across

4. A recent study found that 72% of Americans reported feeling _____ about money during the last month.

8. It is healthier to buy _____ and cook than order takeout.

9. It is important to have _____ to cover or offset the expense of an unforeseen situation.

10. A _____ is a short-term loan for an unexpected expense typically due on your next payday.

11. In order to make a healthy choice, average _____ should be compared between restaurant food and home cooked food.

12. Cooking meals at home is a big _____ compared to eating out.

Down

1. It is more expensive to _____ than cook at home.

2. _____, also known as high blood pressure, can be caused by excessive stress.

3. 69% of Americans now have less than \$1000 in a savings _____.

5. Poor _____ can contribute to stress, tiredness, and has been known to cause illness over time.

6. A number of studies have shown that _____ may help reduce stress and anxiety.

7. People who suffer from cancer symptoms, mind-body therapies such as _____ can improve their quality of life.