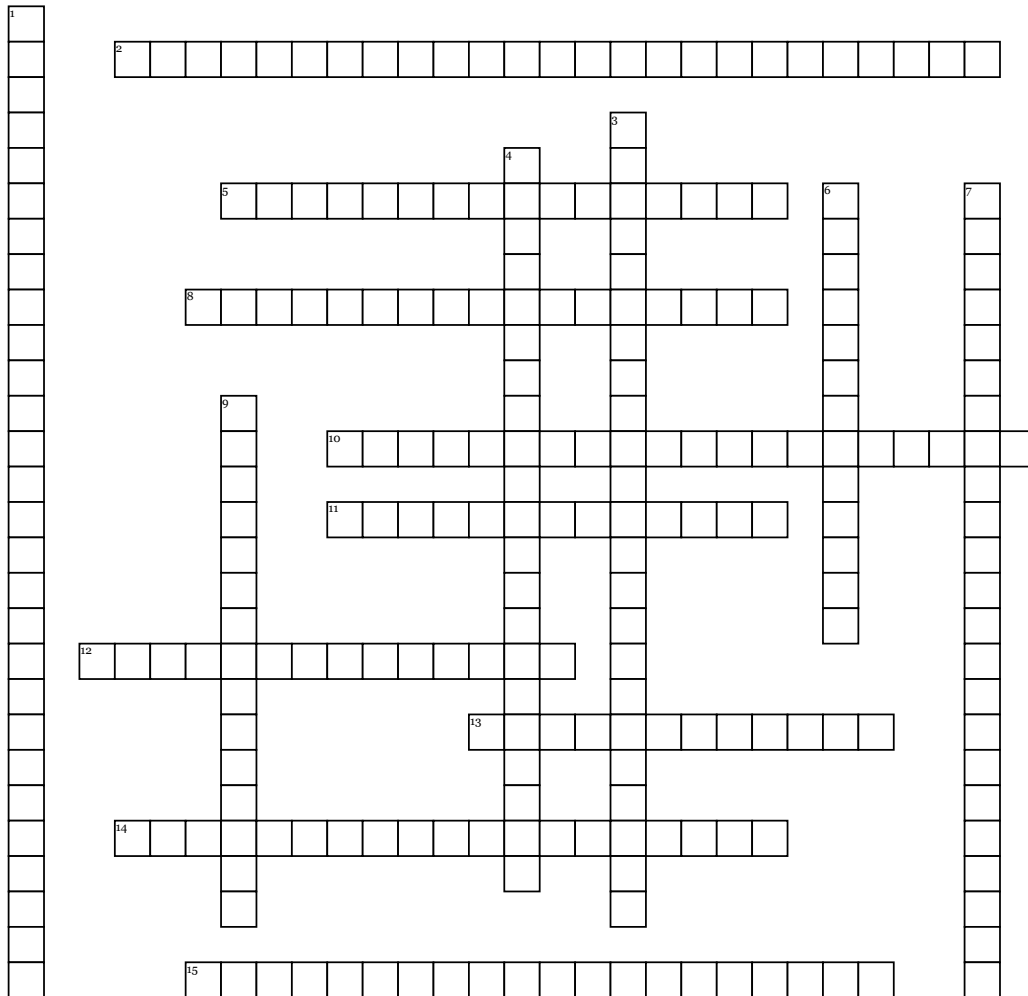


Reduce your stress



Across

- 2. To keep your body and life relaxed you should?
- 5. to avoid passing out after running you should ?
- 8. To keep your body in shape you should
- 10. To keep time a handy resource to relieve stress
- 11. In order to be prepared for anything

- 12. How do you keep your body physically in shape?
- 13. In order to be organized you should
- 14. To avoid stress during planning
- 15. To avoid over heating and getting very angry

- 3. To avoid having to diet you should
- 4. Paper and pencil can help relieve stress if u
- 6. I'm job searching in order to relieve stress from not getting one job you should?
- 7. To avoid major stress
- 9. You should have friends to relieve stress and

Down

- 1. To relive stress online u can

Word Bank

- Eliminate time wasters
- Learn to deal with anger
- Eat balanced healthy meals
- Exercise regularly
- Create or join networking groups

- Wrote down your feelings
- Learn relaxation techniques
- Plan for change
- Take one thing at a time
- Avoid loneliness

- Know your own stress levels
- Get Enough Sleep
- Plan your life.
- Develop a plan B
- monitor breathing