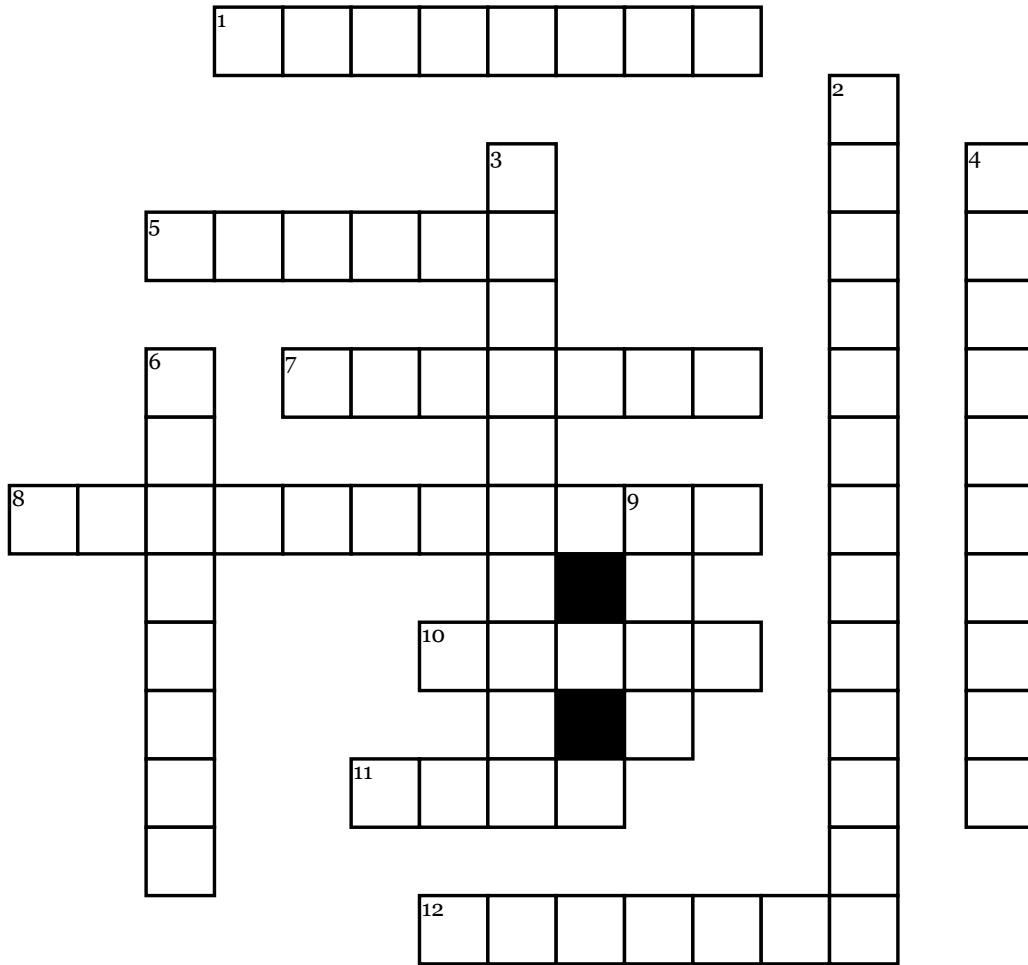


Name: _____

Date: _____

Stress



Across

- 1. Some thing you can feel and is peaceful
- 5. Meaning less you can make less of
- 7. People have to take pills for this and is a effect of stress
- 8. _____ can help doctors help and use it all the time

10. You can be prescribed _____ for stress

- 11. A religious thing you can become to study meditation
- 12. If you don't handle stress it could lead you too

Down

2. People get _____ when stressed

3. A practice you can do to calm

4. A mental illness stress can cause

6. Something physical you can do to help with stress

9. Something people need but won't ask for

Word Bank

Calmness

Help

Meditation

Suicide

Exercise

Pills

Uncomfortable

Anxiety

Deep breaths

Depression

Monk

Reduce