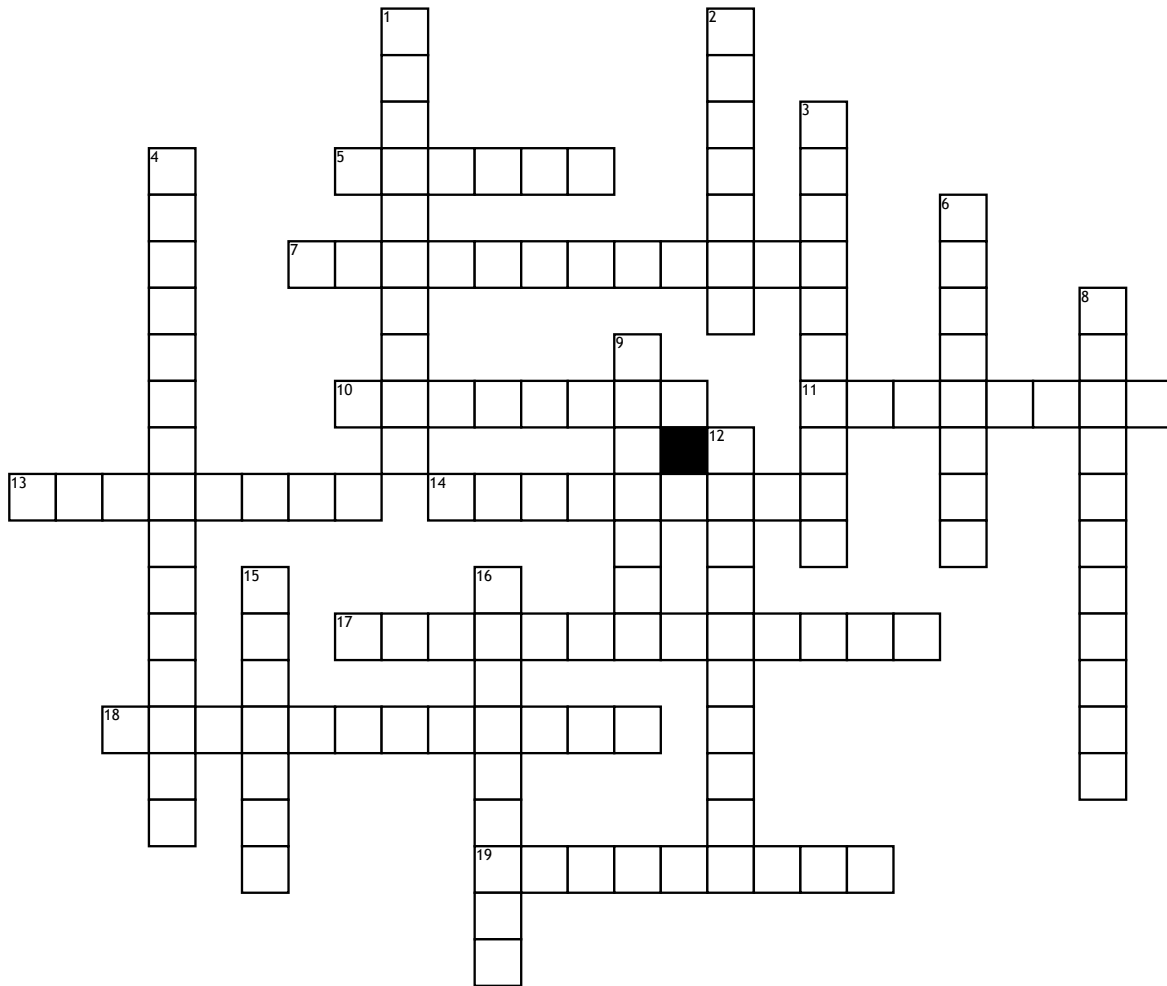


Name: \_\_\_\_\_

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

# Stress Elimination



## Across

- 5. You take these at work periodically and around lunch time
- 7. not enough; inadequate
- 10. the amount of work to be done by someone
- 11. Most annoying thing someone can do with an ink pen
- 13. 1, 2, 3, 4, 5, ...
- 14. completely remove or get rid of

17. Relating to relationship or communication between people

18. the way in which two people are connected

19. remain alone or apart from others

## Down

1. hostile or violent behavior or attitude toward another

2. what you pull to fire a gun

3. Unable to concentrate because one's mind is preoccupied

4. control of every part, however small, of an activity

6. What you do at a gym

8. focus one's attention on a particular object or activity

9. extreme tiredness

12. aggressive pressure or intimidation

15. Inhale & Exhale

16. opposite of optimism