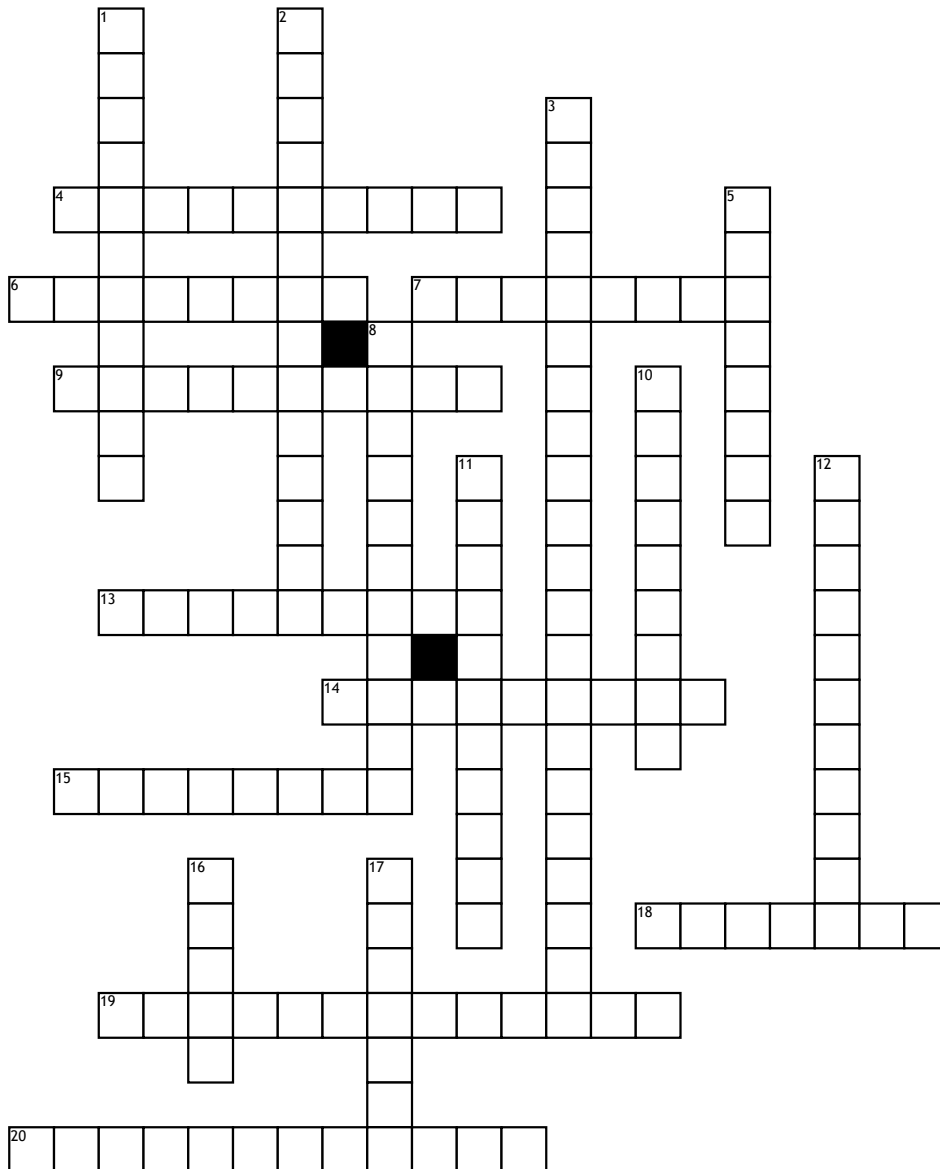


# Stress Management



## Across

4. a written or spoken discourse expressing considered thoughts on a subject; relaxes body  
 6. a settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior  
 7. Considered bad and often is abbreviated simply as stress  
 9. Slowing down the racing thought simply by practicing to take time and note and observe each thoughts  
 13. Harvard physiologist  
 14. neutral and has no consequential effect, its neither considered good nor bad  
 15. Visually appealing so as to absorb the mind in such a way that chattering thoughts ease

18. The act of traveling from one place to another.

19. Not so intense lingers for a prolonged period of time  
 20. American physiologist, professor and chairman of the Department of Physiology at Harvard Medical School  
**Down**  
 1. Intense then disappears quickly  
 2. psychologist who began rising to prominence in the 1960s  
 3. Triggered by anger or aggression  
 5. Arises in any situation or circumstance that a person finds motivating

8. mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique

10. The state of being content with life  
 11. the tendency toward a relatively stable equilibrium between interdependent elements, especially as maintained by physiological processes  
 12. the place to which someone or something is going or being sent.  
 16. give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles  
 17. worry (someone); make anxious