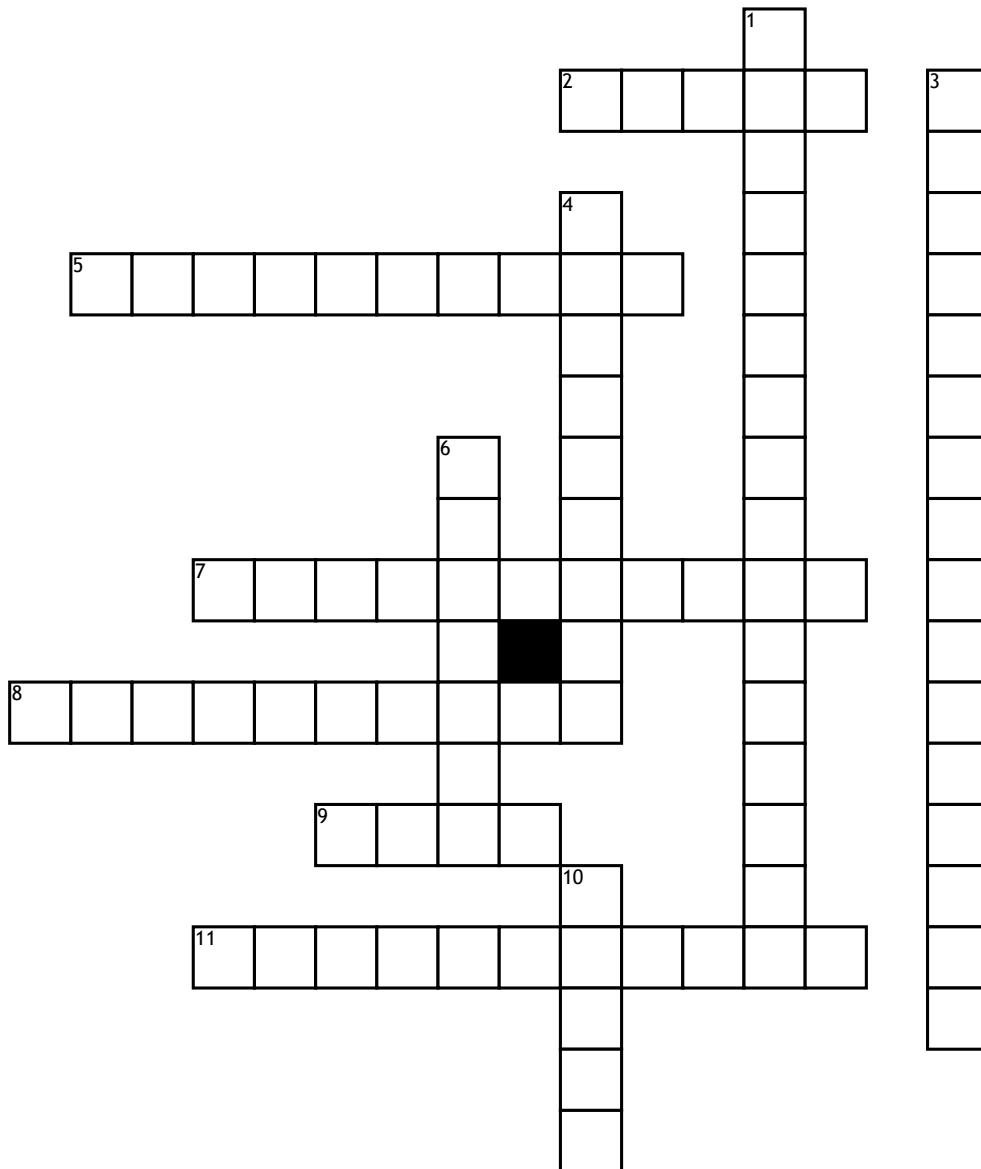


Stress Management



Across

2. comes from a tap
5. deep relaxing thought
7. spending time with others
8. record of daily activity
9. gentle exercise
11. consciousness

Down

1. saying "No" is a form of
3. sport
4. meditative activity
6. enjoying a book
10. daily ritual of falling into