

# Stress Relief

**Across**

1. To share and express your thoughts and feelings to a person who will listen.

4. What can happen if your body gets run down from stress and lack of sleep.

8. This is done out loud, when something is funny and can make you feel better.

9. To manage your stress through different ways that make you feel better.

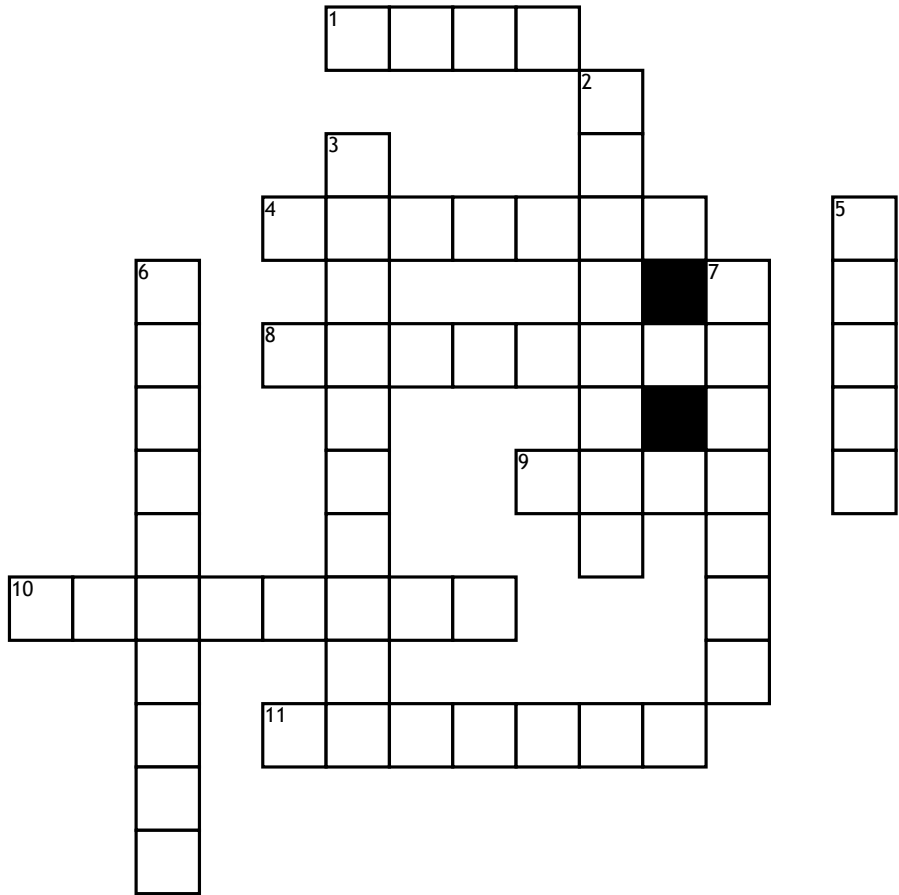
10. If done at park or gym or home, this activity relieves stress and is good for you.

11. Feelings of high stress, panic, worry. Sometimes including physiological symptoms.

**Down**

2. People go on these atleast once a year, for break from their job.

3. Time off from work, doing nothing but enjoying yourself.



5. You should get about 8 hrs each day to maintain health and happiness.

6. What it's called when people talk to a mental health professional.

7. These are the familiar people in our life that help us cope with the stressful times because they know us well and listen.

