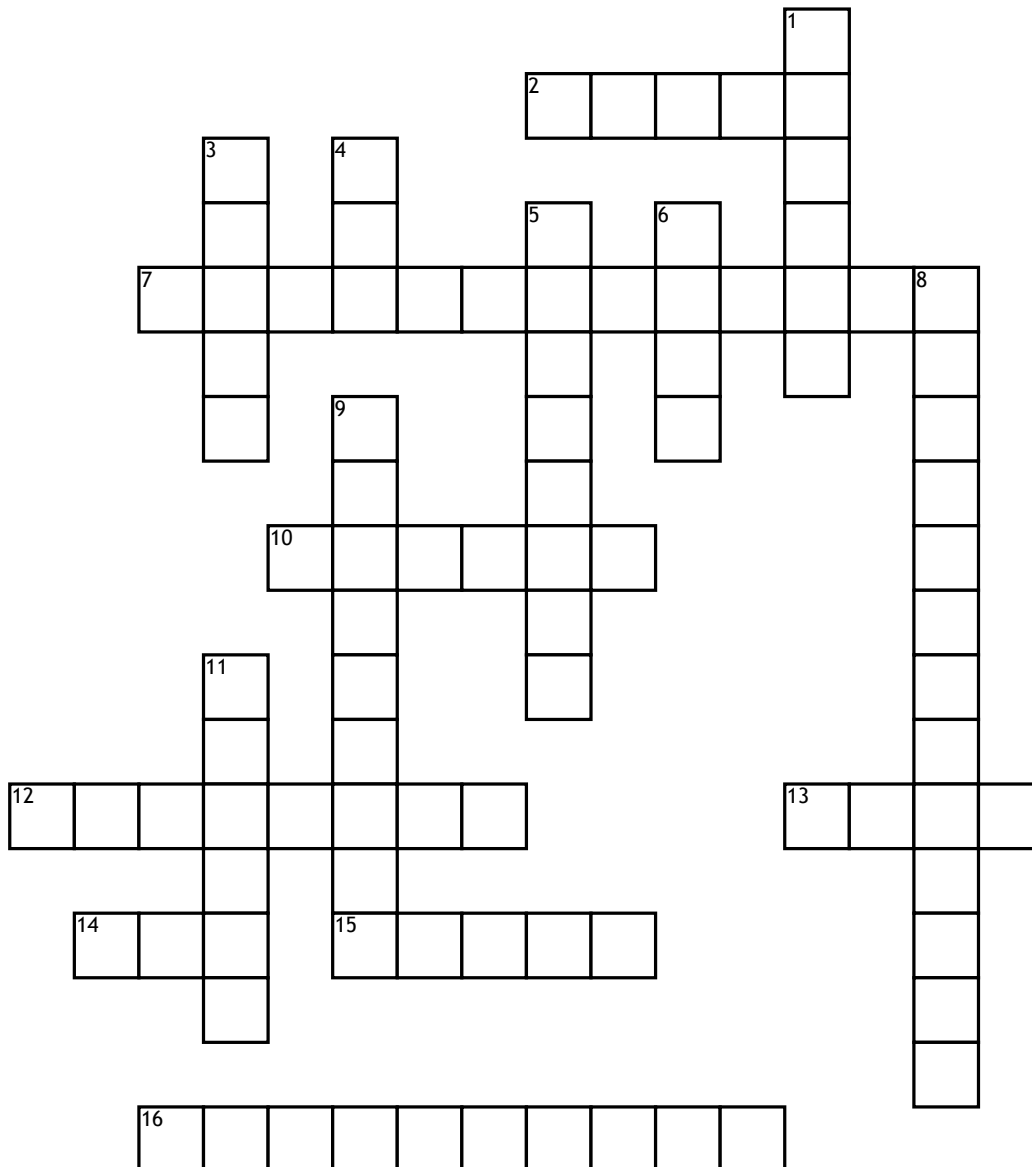


Name: _____

Date: _____

Stress Relief



Across

- 2. _____ Me Stress Free
- 7. Our body's immediate reaction to stress.
- 10. Color that symbolizes happiness and sunshine.
- 12. Daron's favorite way to deal with stress. (30 min. a day)
- 13. Color that symbolizes caring, tenderness and acceptance.
- 14. The title of the local Purdue Extension Educator you can contact for info on stress management. (abbreviated)

- 15. Color that symbolizes health, service and nature.
 - 16. More effective method of relieving stress than Free-Form coloring.
- ## Down
- 1. Color that symbolizes energy, warmth and vibrant.
 - 3. Color that symbolizes peaceful, clean and simple.
 - 4. Primary US agency on Public Health and a good resource for info on stress. (acronym)

- 5. Coloring without a structure.
- 6. Color that symbolizes peaceful, water, trust.
- 8. Minimal amount of time you should spend coloring. (written out)
- 9. Spend 10 min. daily with your eyes closed focused on this...
- 11. State of mental/emotional tension caused by adverse circumstances.