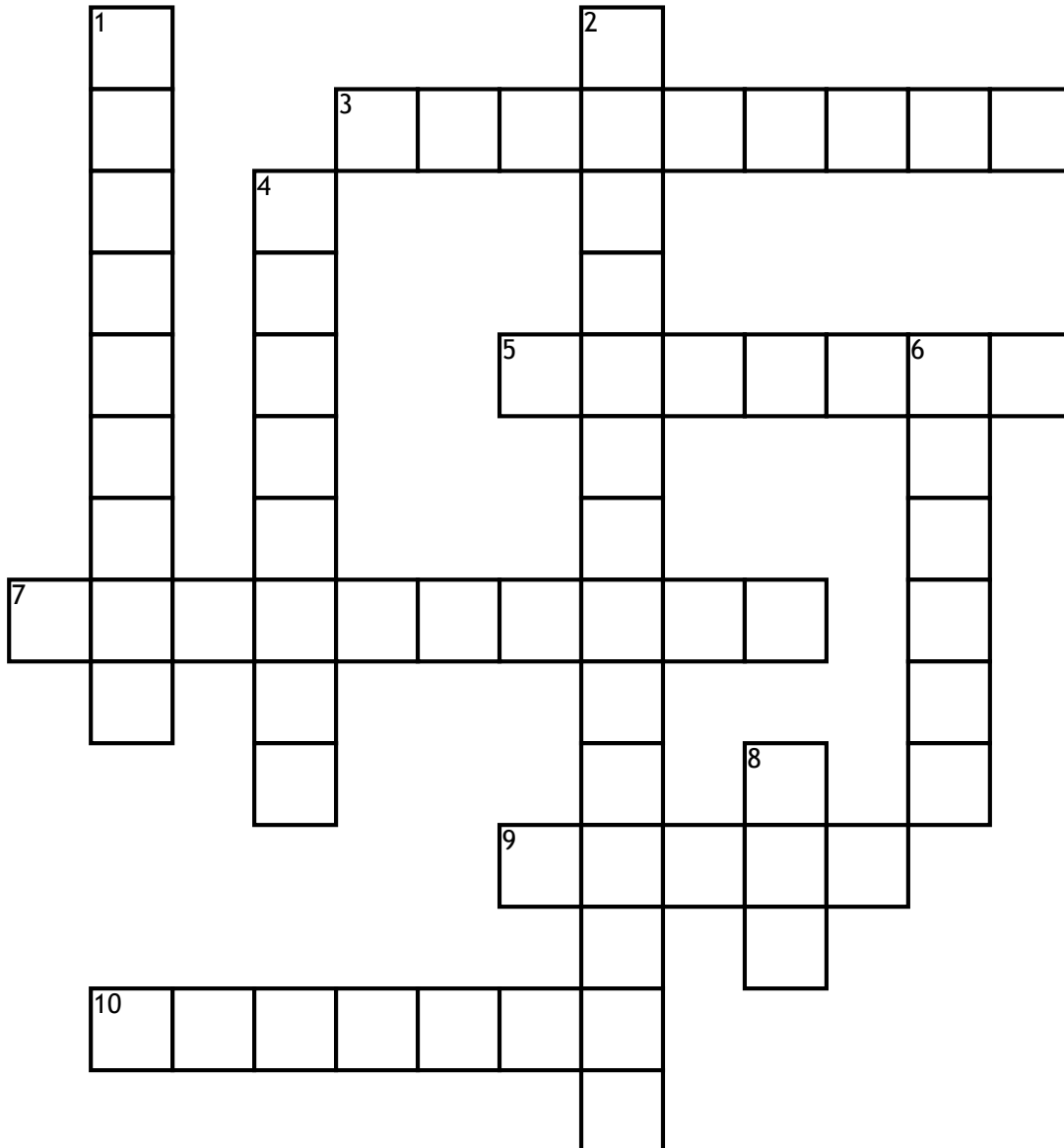


Stress and Caregiver Burnout



Across

- 3. Feeling _____ is the number one contributor to burnout.
- 5. _____ your body with fresh fruit, vegetables, lean protein, and healthy fats.
- 7. A daily relaxation or _____ practice can help you relieve stress and boost feeling of joy and well-being.
- 9. Most people need more _____ than they think they do.

10. Constantly being exhausted even after sleeping or taking a break is a sign of _____.

Down

- 1. Celebrate the small _____.
- 2. Spread the _____.
- 4. _____ is a powerful stress reliever and mood enhancer.
- 6. Anxiety, depression, and irritability are common signs of _____.
- 8. Say _____ when someone offers assistance.