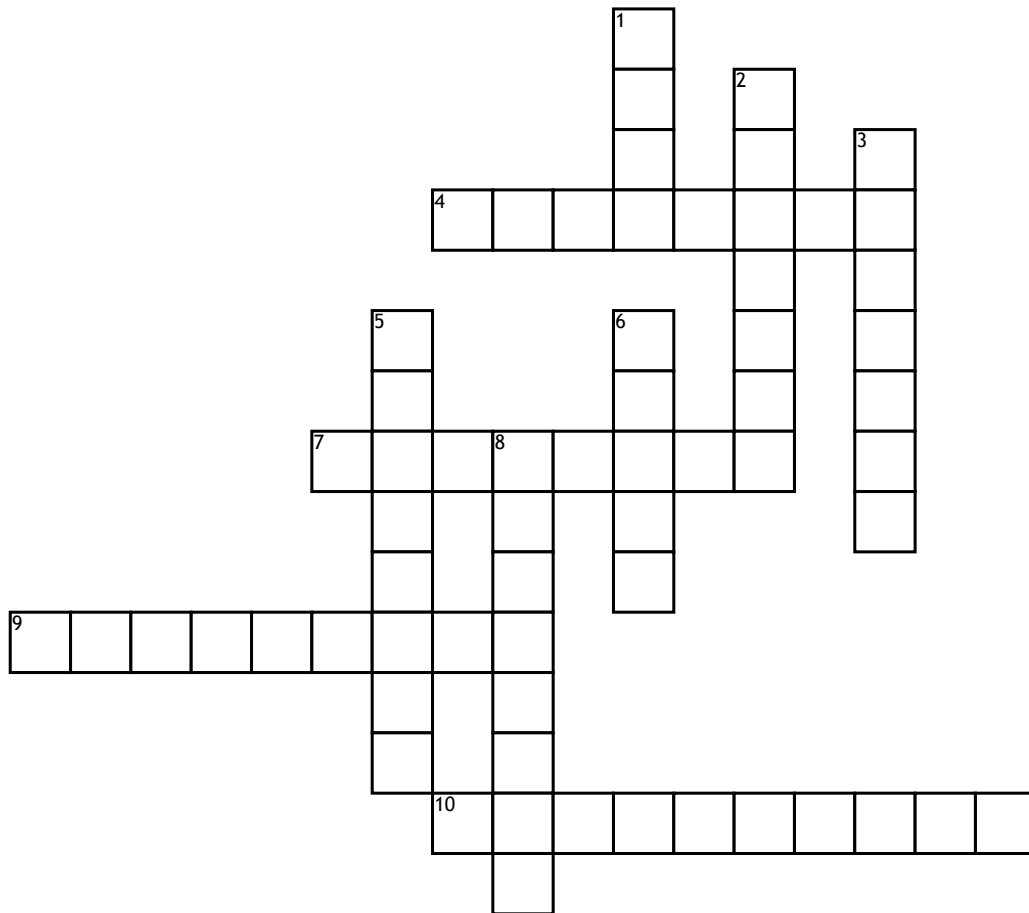


Name: _____

Date: _____

FS Stress Relief



Across

4. Time off from work, doing nothing but relaxing!

7. The state of being in good health

9. Effective for quick relaxation

10. Mental exercise designed to calm the mind

Down

1. Physical, mental and spiritual practice that originated in ancient India

2. These are the familiar people in our life that help us cope with the stressful times

3. Feelings of high stress, panic, worry

5. Can be done anywhere and relieves stress

6. You should get at least 8 hours to maintain a healthy lifestyle

8. This is the best type of medicine

Word Bank

Meditation Anxiety

Exercise

Friends

Sleep

Breathing Vacation

Yoga

Laughter

Wellness