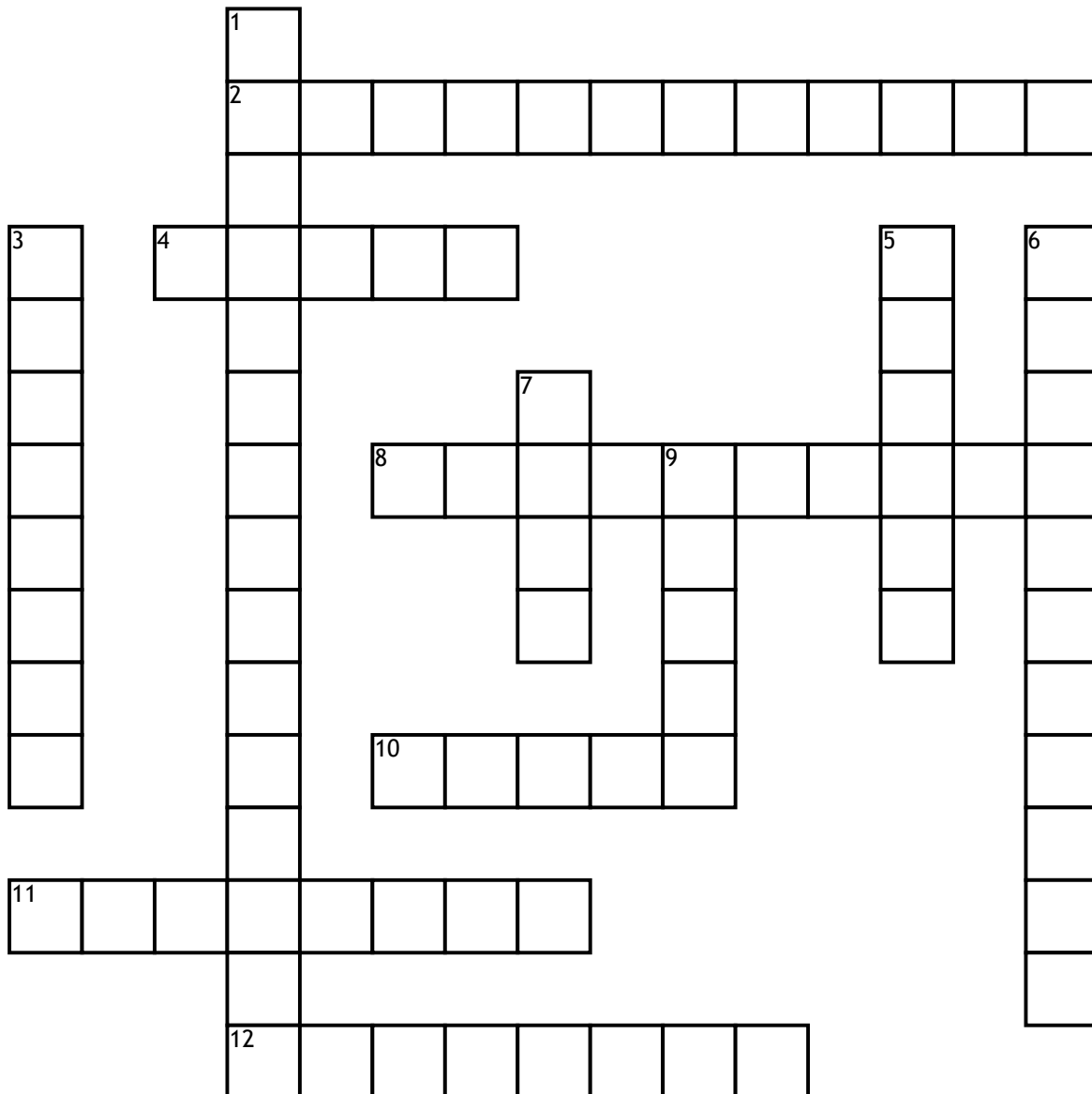


Name: _____

Date: _____

Stress Management Crossword Puzzle



Across

2. Stimulates the 'ol Factory bulb and has a direct connections to the Limbic System (emotional part of brain)

4. When managing stress it is essential to address the _____ of the stress

8. Calms the mind and can help to grow grey matter in the brain

10. You can strengthen someone's abs and lower their stress by making them _____

11. The good type of stress

12. The hormone associated with stress

Down

1. The aspect of the nervous system associated with resting and digesting

3. Crossword puzzles exercise the Frontal and _____ Lobes

5. Chronic distress will cause the brain to _____

6. Chronic stress will break down _____ in the brain

7. Exercise can create a bigger brain by reducing stress and releasing _____

9. Steve believes this is the most common deficiency in people