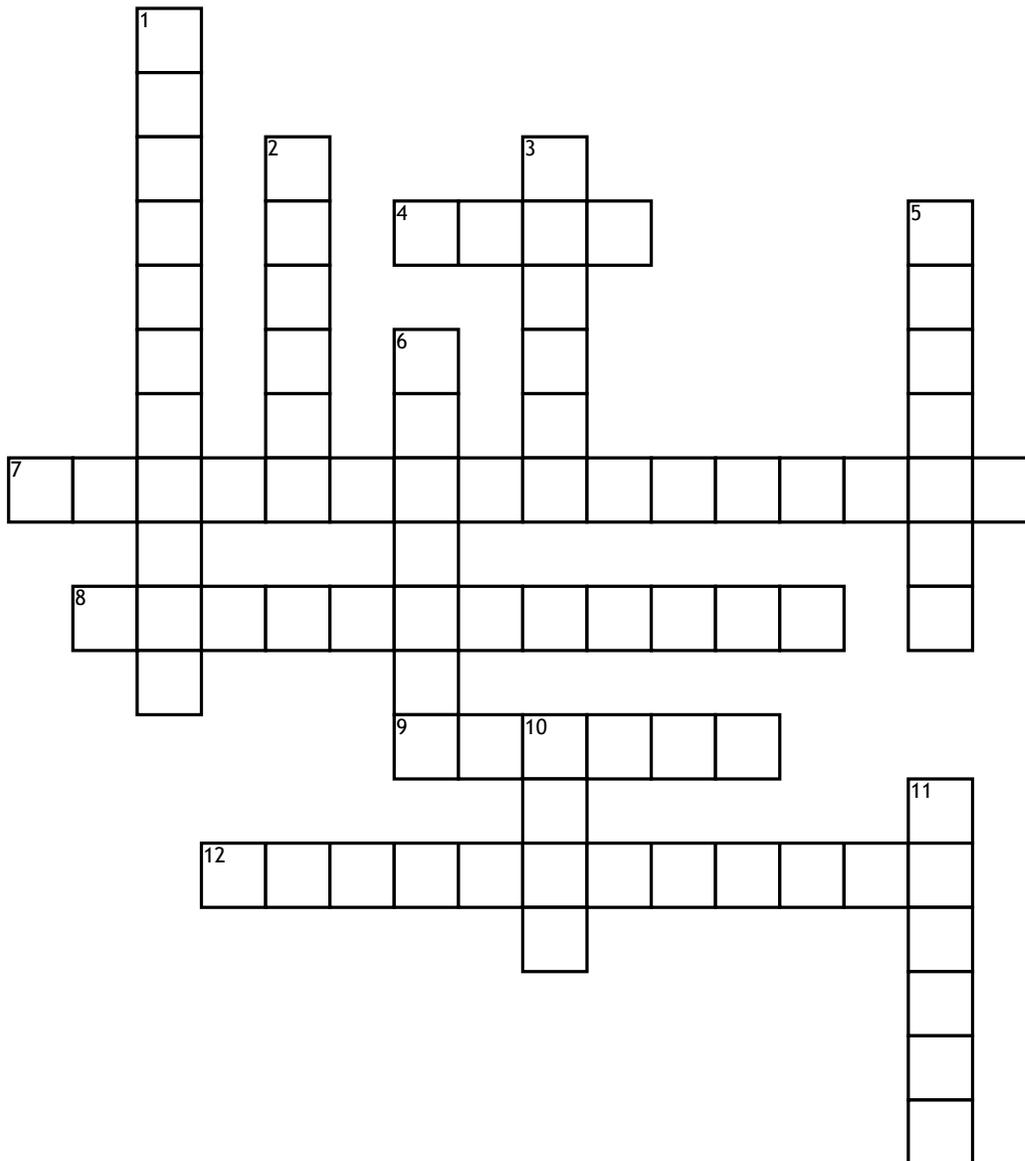


# Stress



## Across

- 4. Do something besides self-harm
- 7. Name one source to decrease stress?
- 8. being nice
- 9. Name one source of stress?

- 12. Who you could you talk to at GPA?

## Down

- 1. feeling bad
- 2. Letting out energy
- 3. Not good for stress

- 5. a way of showing temper
- 6. good listeners
- 10. What can parents do?
- 11. Not a bad thing