FIGHTING STRESS!

__ a book or go see a movie
Learning to manage your __ can help you balance your life
__ is a good form of exercise for the body and mind
Taking up a __ can give you something new to focus on
Seeing a funny movie or reading a funny book will make you __
Listen to your favorite __
Give yourself permission to take time for yourself and __
Getting enough __ is a good start
Working in a flower or vegetable __ is relaxing for some people
Decreasing your use of __ will help boost your mood
Spend some time in the __, bubbles optional
Avoid caffeine, sugar and heavy meals before __
Having a circle of __ to enjoy leisure time is good
Eat foods that are __ for you and high in vitamins and minerals
Getting a __ can help you unwind and loosen muscles
__, whether in church or at home, can help fight stress
Don't work on the __, spend that time with family
Don't try to hide your __, share them with a friend or family member
Getting a manicure or pedicure can make you feel __
__ activities, like jogging or working out can help
Try to focus on the __ things in your life
Take a relaxing __ without bringing a computer or cell phone
Stop __ about things that are beyond your control
Deep __ can help you relax before a test or presentation
Stress __ classes are offered in some hospitals and colleges
__ can help you calm your mind and focus
Lavender is often used in __ for relaxation
Listen to __ CDs or tapes by religious or motivational speakers

Enter unused letters from puzzle, in order:

__ __ __ __ __ __ __

__ __ __ __ __ __ __

__ __ __ __ __ __ __

Copy boxed letters to form your hidden message:

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