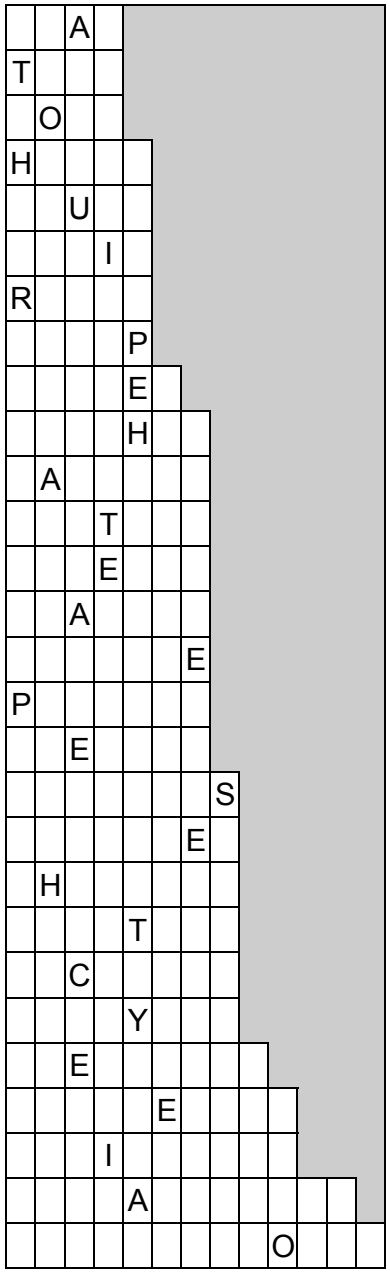
FIGHTING STRESS!

__ 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



G	N	I	Y	R	R	O	W	A	G	O	Y	L	C	B
D	L	N	E	L	O	H	O	C	L	A	A	I	S	U
N	X	A	L	E	R	Y	J	E	K	N	S	L	A	T
E	L	A	U	G	H	B	D	G	O	U	E	R	N	H
K	M	T	S	T	B	G	R	I	M	E	O	O	O	T
E	C	A	L	L	N	E	T	E	P	M	I	F	T	A
E	E	A	N	I	G	A	D	H	A	T	N	E	F	B
W	E	T	Y	A	R	E	Y	T	A	T	P	E	R	T
H	I	A	R	I	G	S	H	T	I	O	H	L	I	I
N	R	D	P	A	I	E	I	T	S	M	R	I	E	M
P	E	S	S	C	R	D	M	I	Y	E	E	N	N	E
N	N	S	A	A	E	P	T	E	A	B	G	G	D	G
I	A	L	P	M	O	I	E	D	N	A	B	S	S	L
M	X	Y	I	T	V	V	A	C	A	T	I	O	N	T
I	L	E	F	E	D	E	R	E	P	M	A	P	H	G

Enter unused letters from puzzle, in order:

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Copy boxed letters to form your hidden message:

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