Learning __-management skills makes your day go more smoothly.
Even 20 minutes of __ or Ta Chi is good for the body and mind.
Schedule time to __ - take a walk, go to the gym, read a book, garden.
Doctors recommend getting at least eight hours of __.
Smoking, drinking, over- or under-__ are not good coping methods.
Long-term stress can be detrimental to your __ system.
Know your __ and say 'no' if you have to.
Having a strong __ network of friends and family helps reduce stress.
Several times a day take time to __ deeply and relax your muscles.
__ and forget is a good motto for a less stressful life.
Guided __ takes you to your happy place, no matter where you are.
Getting a __ or taking a hot bath with scented candles is always nice.
__ conditions like asthma, acne, and chronic pain can add to stress.
Work, family, finances, relationships could all be __ of stress.
If stress is too much, one-on-one counseling or group __ may help.
Reducing __ and sugar intake will help you avoid 'crashing'.
Bottling up your __ is not a good idea.
It has been said that __ is the best medicine, so watch a comedy.
Pollyanna had it right - sometimes you need to focus on the __.
You can change your __ to a stressor by adapting or accepting it.
Some __, like procrastination or worrying too much, can lead to stress.
Make __ changes like exercising regularly and eating healthy.
Try changing the stressful __ by avoiding or altering the stressor.
Sometimes you need to __ and find the middle ground in a problem.
__ can help you express your feelings and identify stress situations.
__ techniques help you relax and quiet your mind, body and emotions.
Making a to-do list helps you __ what needs to be done.
__ uses monitoring equipment to learn how to control body responses.

Enter unused letters from puzzle, in order:

Copy boxed letters to form your hidden message:

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