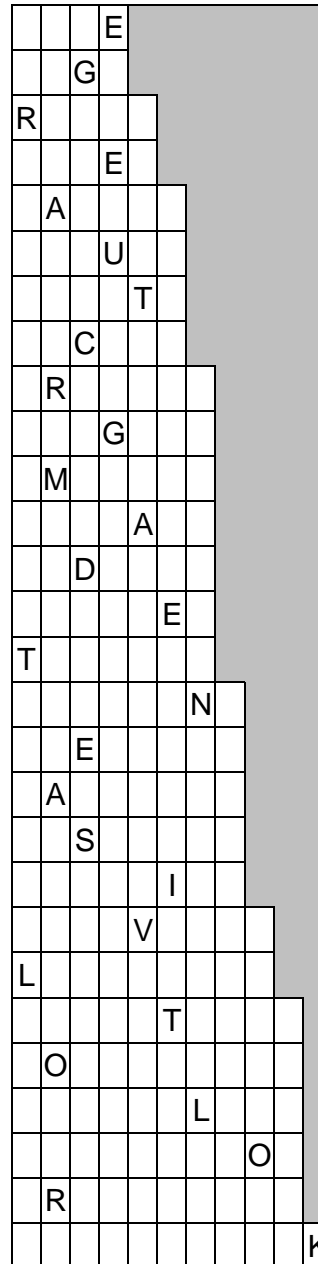


# STRESS MANAGEMENT!



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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