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Stress Management Crossword Puzzle

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| **Across****2.** Stimulates the 'ol Factory bulb and has a direct connections to the Limbic System (emotional part of brain)**4.** When managing stress it is essential to address the \_\_\_\_\_\_\_\_\_ of the stress**8.** Calms the mind and can help to grow grey matter in the brain**10.** You can strengthen someone's abs and lower their stress by making them \_\_\_\_\_\_\_**11.** The good type of stress**12.** The hormone associated with stress | **Down****1.** The aspect of the nervous system associated with resting and digesting**3.** Crossword puzzles exercise the Frontal and \_\_\_\_\_\_\_\_\_\_\_ Lobes**5.** Chronic distress will cause the brain to \_\_\_\_\_\_\_\_\_\_**6.** Chronic stress will break down \_\_\_\_\_\_\_\_\_\_\_ in the brain**7.** Exercise can create a bigger brain by reducing stress and releasing \_\_\_\_\_\_\_**9.** Steve believes this is the most common deficiency in people |