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Stress Management Crossword Puzzle

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| 11 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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 |