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Stress Relief

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| **Across**  **1.** To share and express your thoughts and feelings to a person who will listen.  **4.** What can happen if your body gets run down from stress and lack of sleep.  **8.** This is done out loud, when something is funny and can make you feel better.  **9.** To manage your stress through different ways that make you feel better.  **10.** If done at park or gym or home, this activity relieves stress and is good for you.  **11.** Feelings of high stress, panic, worry. Sometimes including physiological symptoms. | **Down**  **2.** People go on these atleast once a year, for break from their job.  **3.** Time off from work, doing nothing but enjoying yourself.  **5.** You should get about 8 hrs each day to maintain health and happiness.  **6.** What it's called when people talk to a mental health professional.  **7.** These are the familiar people in our life that help us cope with the stressful times because they know us well and listen. |