Stress Relief

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| **Across**  **2.** This is done out loud, when something is funny and can make you feel better.  **4.** A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.  **6.** If done at park or gym, this activity relieves stress and is good for you.  **8.** Time off from work, doing nothing but enjoying yourself  **9.** You should get about 8 hours each day to maintain health and happiness.  **10.** Moderate or normal psychological stress interpreted as being beneficial for the experiencer.  **11.** Mental exercise designed to calm and focus a person  **12.** Emotional release | **Down**  **1.** Dory's mantra  **3.** To manage stress through different methods that make you feel better.  **5.** Familiar people in our life that help us cope with the stressful times.  **7.** Effective for quick relaxation |

   laughing       cope       relaxation       exercise       sleep       friends       breathing       just keep swimming       meditation       crying       eustress       stress