



# Be a Stress Buster

## Wordfind

Research studies continue to show that stress is bad for our health! So take a break and try your hand at this puzzle, which contains the names of 20 things having to do with stress reduction.

F	F	R	A	T	T	I	T	U	D	E	T	Y	T	P	K
P	R	P	L	A	N	N	I	N	G	N	Y	I	G	O	C
E	T	E	N	S	I	O	N	U	E	U	M	S	N	S	A
G	V	T	L	E	T	A	W	M	G	E	Y	N	I	I	B
N	O	I	T	A	C	I	N	U	M	M	O	C	L	T	D
I	M	D	T	T	X	O	Z	A	E	I	G	J	E	I	E
H	G	G	J	C	R	A	N	Z	T	Z	A	M	S	V	E
T	L	Y	E	I	E	A	T	A	C	J	C	E	N	E	F
A	M	V	V	H	G	P	C	I	K	Y	L	D	U	T	O
E	D	N	V	E	W	A	S	I	O	R	A	I	O	H	I
R	E	F	M	T	V	X	Q	R	S	N	S	T	C	I	B
B	M	E	S	I	C	R	E	X	E	K	S	A	L	N	K
G	N	I	H	C	T	E	R	T	S	P	B	T	T	K	I
T	F	R	I	E	N	D	S	H	I	P	S	I	K	I	Q
P	R	I	O	R	I	T	I	E	S	O	F	O	W	N	
M	N	O	I	T	I	R	T	U	N	M	D	N	K	G	

- ATTITUDE
- BIOFEEDBACK
- BREATHING
- COMMUNICATION
- COUNSELING
- ENVIRONMENT
- EXERCISE
- FRIENDSHIPS
- MEDITATION
- NUTRITION
- PERSPECTIVE
- PLANNING
- POSITIVE THINKING
- PRIORITIES
- RELAXATION
- STRETCHING
- TENSION
- TIME MANAGEMENT
- VACATION
- YOGA CLASS

