

Stress Management & Positivity Crossword

Stress is a tricky thing but with a little bit of practice, anyone can manage it. Below is a list of helpful stress management tips & definitions. Fill in the blanks and use the words you find to complete the crossword puzzle.

1. Never ignore the urge to share what's upsetting you with someone else. Learn to _____ about your problems.
2. Some signs that your body is under stress include loss of interest, being quick to _____, obsessive thinking, inability to concentrate, or unexplained _____ loss or gain.
3. _____ is when a body maintains a healthy balance of all biological symptoms.
4. Practice _____. Taking a minute to pause and focus on breathing techniques helps your mind switch gears away from the part of your nervous system associated with the fight or flight response.
5. Take a _____ & make time to _____. Remember it's important to step away for a minute whether it be by taking a road trip, traveling out of town, going to your favorite arcade, etc.
6. Identify what causes you to stress also known as _____ and avoid getting involved with anything related to those things.
7. _____ is the body's response to feeling pressured or threatened.
8. Make time for _____. Participating in activities you like will help relieve stress.
9. Take time to get _____—a clean environment will relieve stress and a messy one will cause stress.
10. Eat healthily. Good _____ supports your immune system and gives you more energy to cope with stressful events.
11. Listening to _____ has been proven to help reduce physical and emotional stress levels.
12. _____ daily is good for you. A healthy workout jump-starts endorphins or feel-good neurotransmitters in the brain that promote healthy relaxation.
13. Eliminate _____—causes of stress, strain, or tension.
14. Connect & develop healthy relationships with _____ people who love and care for you.
15. Avoid any attempts to _____—trying to do too many things at once will increase anxiety levels.
16. Take a break from _____ or other online activities.

17. Maintain a healthy _____ schedule—resting the body isn't just good for physical health, it also regulates & improves mood, judgment, and concentration.
18. Maintain a normal _____ .
19. Take a _____ outside without technology. Simple movement and a healthy dose of vitamin D from being in the sun are two of the most effective stress relievers.
20. Learn to view stress in a _____ way.

Wordbank

anger
 deep breathing
 exercising
 hobbies
 homeostasis
 multitask
 music
 nutrition
 organized
 positive
 routine
 sleep
 social media
 stress
 stressors
 supportive
 talk
 triggers
 unwind
 vacation
 walk
 weight

