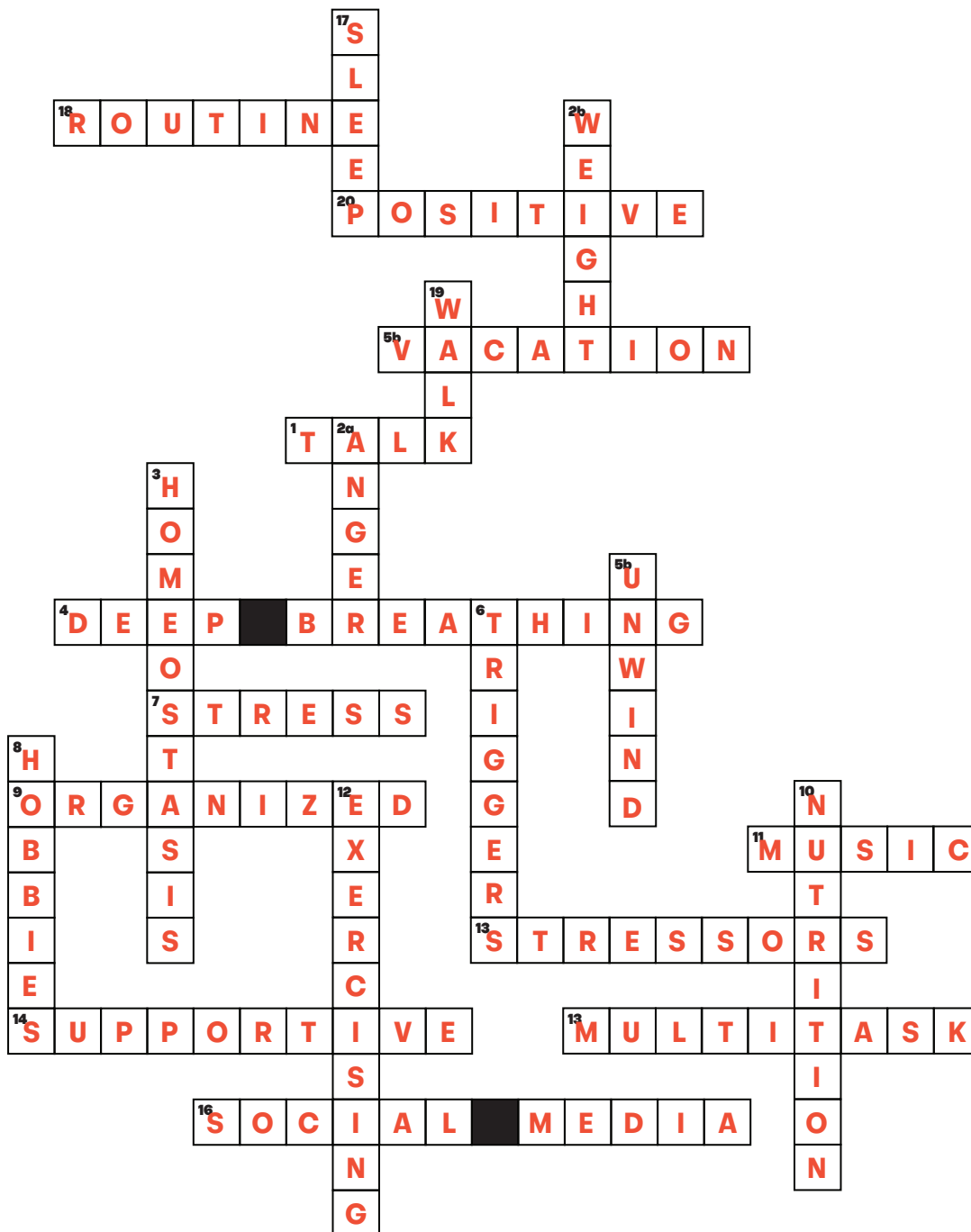


# Stress Management & Positivity Crossword

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 TALK about your problems.
2. Some signs that your body is under stress include loss of interest, being quick to ANGER, obsessive thinking, inability to concentrate, or unexplained WEIGHT loss or gain.
3. HOMEOSTASIS is when a body maintains a healthy balance of all biological symptoms.
4. Practice DEEP BREATHING. 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 VACATION & make time to UNWIND. 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 TRIGGERS and avoid getting involved with anything related to those things.
7. STRESS is the body's response to feeling pressured or threatened.
8. Make time for HOBBIES. Participating in activities you like will help relieve stress.
9. Take time to get ORGANIZED—a clean environment will relieve stress and a messy one will cause stress.
10. Eat healthily. Good NUTRITION supports your immune system and gives you more energy to cope with stressful events.
11. Listening to MUSIC has been proven to help reduce physical and emotional stress levels.
12. EXERCISING daily is good for you. A healthy workout jump-starts endorphins or feel-good neurotransmitters in the brain that promote healthy relaxation.
13. Eliminate STRESSORS—causes of stress, strain, or tension.
14. Connect & develop healthy relationships with SUPPORTIVE people who love and care for you.
15. Avoid any attempts to MULTITASK—trying to do too many things at once will increase anxiety levels.
16. Take a break from SOCIAL MEDIA or other online activities.

17. Maintain a healthy SLEEP schedule—resting the body isn't just good for physical health, it also regulates & improves mood, judgment, and concentration.
18. Maintain a normal ROUTINE.
19. Take a WALK 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 POSITIVE 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