





Managing stress

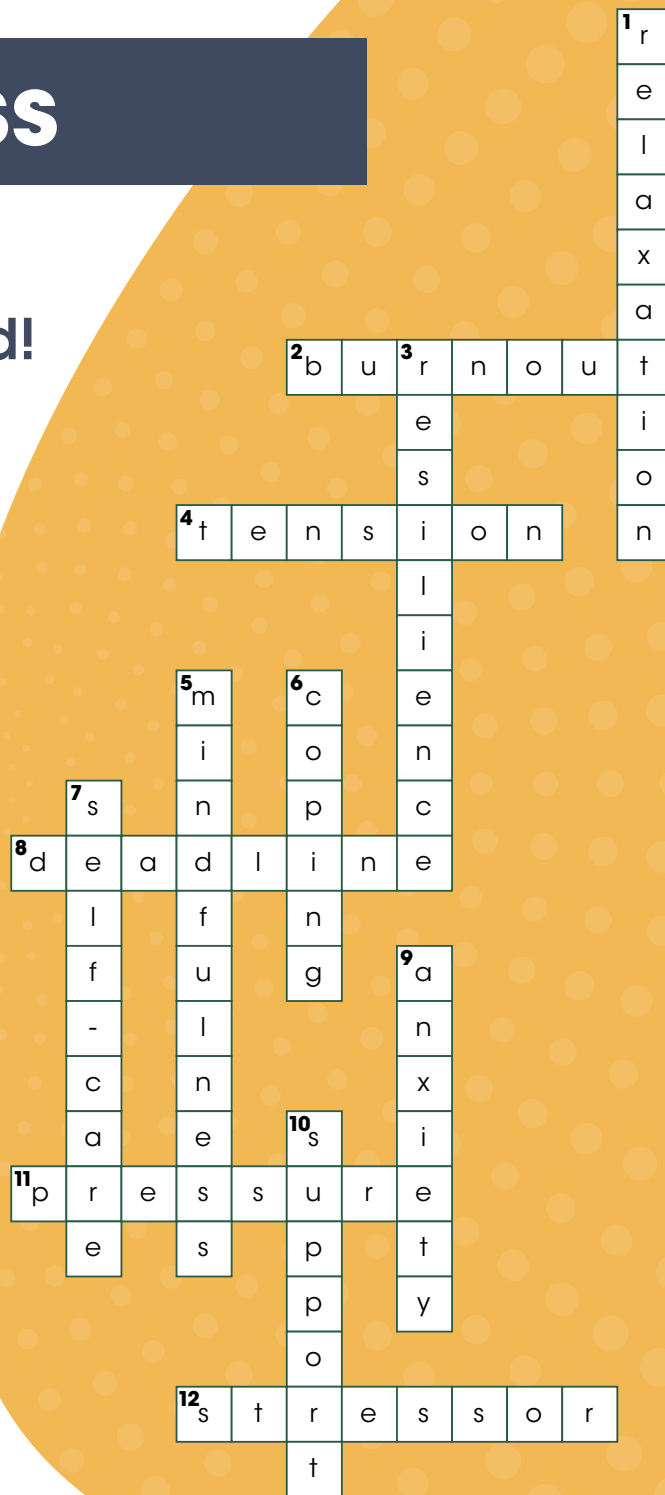
Here's the answers to our managing stress crossword!

Sometimes, taking time to look after the basics can be enough to help reduce our stress. Getting enough nutrients, making sure you drink enough water, exercise, sunlight, prioritising a good night's sleep, can all start to make stress feel a lot more manageable.

Make some small changes today. Head to our free Health and Wellbeing app for:

-  Courses to find out more about stress and how to deal with it
-  Meditations to help you relax
-  Exercise plans for all abilities and ages
-  Delicious recipes for healthy eating

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Across

2. Emotional or physical exhaustion caused by prolonged stress.
4. The state of being stretched tight, often associated with stress.
8. A time limit that can induce stress if not met.
11. The feeling of strain or urgency.
12. A factor or situation that causes stress.

Down

1. Time doing something that makes you happy and reduces stress.
3. The ability to bounce back from adversity or stress.
5. Being present and fully engaged in the current moment, often used as a stress reduction technique.
6. Strategies or mechanisms for dealing with stress.
7. Activities undertaken to improve physical and mental well-being, often to combat stress.
9. A state of uneasiness and fear.
10. Assistance or encouragement provided by others during times of stress.



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