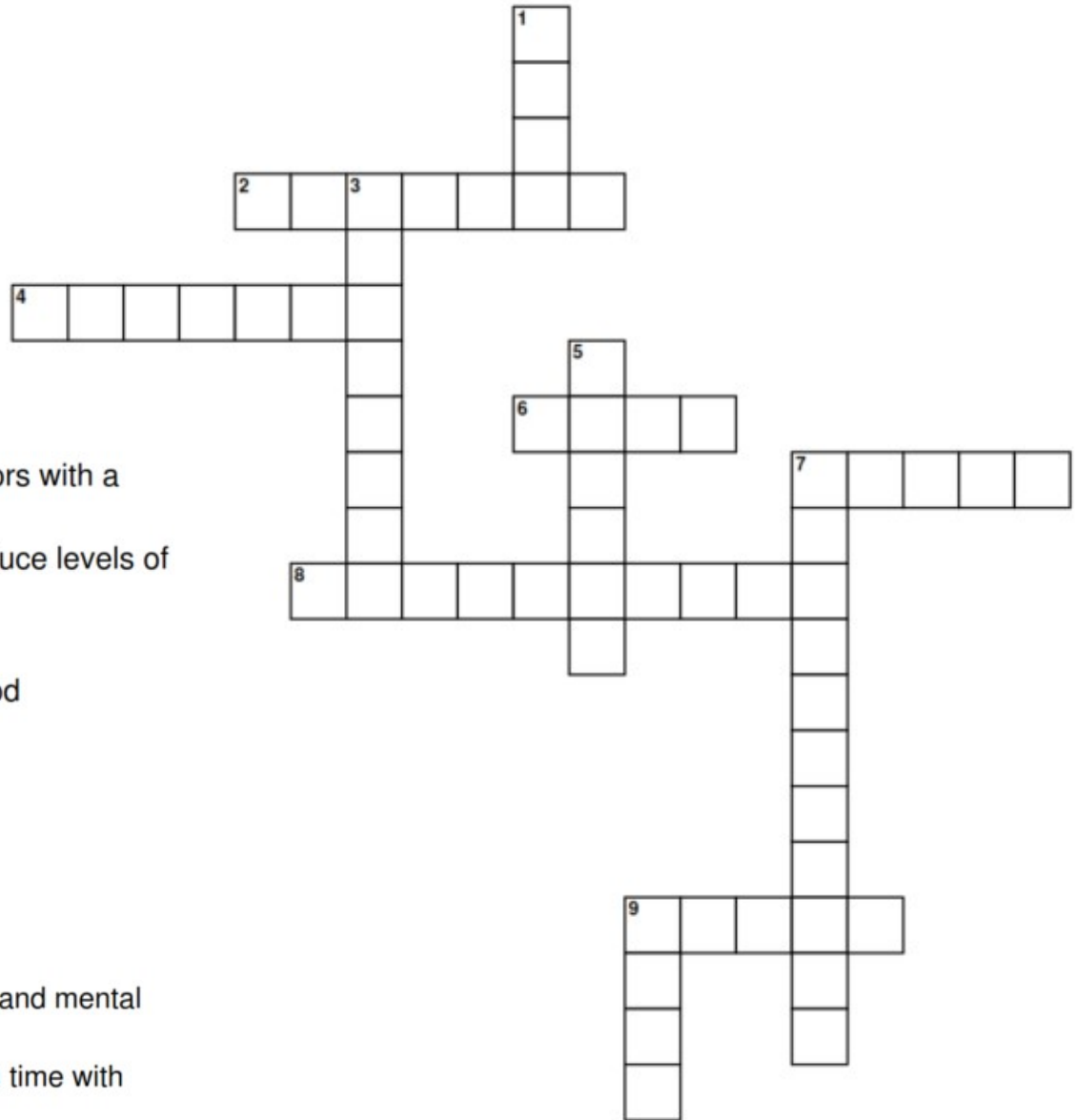


JUNE CROSSWORD PUZZLE



Across

- [2] a place to discuss your life and stressors with a professional
- [4] spending time _____ can naturally reduce levels of stress
- [6] Read a _____
- [7] Listening to this can improve your mood
- [8] Deep breathing is a way to promote
- [9] Drink 8 glasses of this a day

Down

- [1] It is okay to ask for _____
- [3] It is important to do this for your physical and mental health
- [5] Boost your _____ well-being by spending time with friends
- [7] A way to be in the present moment
- [9] Go for a _____

JUNE CROSSWORD PUZZLE - ANSWERS

