HEALTHY LIVING QUIZ
CROSSWORD PUZZLE

ACROSS
4. It is important to maintain this balance to reduce stress
5. If feeling stressed or depressed reach out to others for this
6. When this is prescribed talk to your doctor about alternatives

DOWN
1. Drink water to stay...
2. Take these throughout the work day
3. It is important to get 7-9 hours of this each day

Answer key:
Across 4: Work-life 5: Help 6: Opioids
Down 1: Hydrated 2: Breaks 3: Sleep