Balancing Mind, Body, and Spirit

Across
1. Stop and take a few deep _____. (7)
3. Recuperating, getting better (7)
4. Completeness, entirety, integrity (9)
6. Consciousness, self-aware (11)
7. ____ includes relaxation, stress management, and a healthy lifestyle. (2 words) (4, 4)
9. Link, association (10)
12. In times of high stress, it helps to have a good sense of _____. (5)
13. Reflexology and massage are types of ____ therapy. (5)
14. Methods to handle stressful situations (2 words) (6, 6)
15. Endurance, adaptability (10)
18. Good physical and mental condition (7)
19. Healing, curative, restorative (11)
22. Nurses should provide ____ to one another in the workplace. (2 words) (6, 7)
26. To be thankful is to have _____. (9)
27. Good health, comfort, contentment (2 words) (4, 5)
29. Maintaining adequate staffing is one way to improve job _____. (12)
32. Make time each day for ____ or quiet reflection. (10)
33. A ____ attitude can improve your health. (8)
34. Proper ____ is key in maintaining health and preventing obesity. (9)

Down
1. Work-life _____. (7)
2. Viewpoint, outlook, mindset (11)
5. " ____ is the best medicine." (8)
8. Sharing information and ideas (13)
10. Empathy, understanding, intuitiveness (7)
11. Complete, comprehensive, integrated (8)
16. Self-analysis (13)
17. Stamina, strength, vitality (6)
20. Connections, friendships (13)
21. Devotion, faithfulness (12)
23. Yoga, meditation, and deep breathing are all ____ reduction techniques (6)
24. Counseling, advice (8)
25. Rest, leisure (10)
28. Daily ____ helps reduce stress. (8)