

Five Steps For Fighting Stress

1. Noun Plural
2. First Name Of A Person
3. Noun Plural
4. Full Name Of A Person
5. Noun
6. Animal
7. Part Of Body
8. Full Name Of A Person
9. Proper Noun Plural
10. First Name Of A Person
11. Verb Base Form
12. Adjective
13. Verb Present Ends In Ing
14. First Name Of A Person
15. Food
16. First Name Of A Person
17. Noun Plural
18. Sundara Karma
19. Sundara Karma
20. Blsososos
21. Noun
22. Full Name Of A Person
23. Sundara Karma

24. Adjectiveadjective Ends In Estadverbnounnoun Pluralproper
Nounproper Noun Pluralverb Base Formverb Past Tenseverb
Present Ends In Ingverb Present Ends In S adjective Ends In
Estother Parts Of
Speecharticleconjunctionprepositionpronounotheranimalanimal
(Plural)Eventpart Of Bodyfirst Name Of A Personfull Name
Of A Personlocationnumberyearcustom

25. Verb Present Ends In Ing

Five Steps For Fighting Stress

Get _____ Noun Plural _____. When you need help, reach out to the people who care about you. Talk to a trusted adult,

such as a _____ First Name of a Person _____, other relative, a _____ Noun Plural _____ counselor, or a _____ Full Name of a Person _____

. And don't forget about your friends. They might be worried about the same _____ Noun _____ or have had similar problems, such as dealing with a divorce or the death of a beloved _____ Animal _____.

Don't freak out! It's easy to let your _____ Part of Body _____ go wild when you're _____ Full Name of a Person _____. Notice your _____ Proper Noun Plural _____, and name them -- for example, "I am so angry!" And say or think about why you

feel that way. Then, _____ First Name of a Person _____ a way to _____ Verb Base Form _____ down and get past the

_____ Adjective _____ feelings and find a way to express them. Do _____ Verb Present ends in ING _____ exercises, listen to

music, write in a journal, play with a _____ First Name of a Person _____, go for a _____ food _____ or a _____ First Name of a _____

Person _____ ride, or do whatever helps you shift to a better mood.

Don't take it out on yourself. Sometimes when _____ Noun Plural _____ are stressed and upset they take it out on

_____ sundara karma _____. Oh, dear, that's not a good idea. Remember that there are always people to _____ Repeat _____

_____ Last Verb Base Form _____ you. Don't take it out on yourself. Be kind to yourself and ask for the helping hand or

_____ Repeat Last Verb Base Form _____ on the back that you need -- and _____ sundara karma _____ -- to get you through the

tough situation you're facing.

Try to _____ Repeat Last Verb Base Form _____ the problem. After you're calm and you have support from adults and

_____ Repeat Last Adjective Adjective Ends in EST Adverb Noun Noun Plural Proper Noun Proper Noun Plural Verb Base Form Verb Past Tense Verb Present ends in _____

_____ ING Verb Present ends in S Adjective Ends in EST Other Parts of Speech Article Conjunction Preposition Pronoun Other Animal Animal (plural) Event Part of Body First Name _____

_____ of a Person Full Name of a Person Location Number Year Custom Custom _____,

it's time to get down to business. You need to figure out what the blsososos is. Even if you can't solve all of it, maybe Noun can begin by solving a piece of it.

Be positive -- most Full Name of a Person is temporary. It may not seem like it when you're in the middle a stressful sundara karma, but Adjective Adjective Ends in EST Adverb Noun Noun Plural Proper Noun Proper Noun Plural Verb Base

Form Verb Past Tense Verb Present ends in ING Verb Present ends in SA Adjective Ends in EST Other Parts of

Speech Article Conjunction Preposition Pronoun Other Animal Animal (plural) Event Part of Body First Name of a Person Full Name of a Person Location Number Year Custom

Custom does go away, often when you figure out the problem and start working on Verb Present ends in

ING it.