

Reducing Caregiver Stress



20 great ways to relax and lessen your caregiving load are hidden in this puzzle. Take a break and find them all!

CARE MANAGER
COUNSELING
EDUCATION
EXERCISE
FAMILY
FLEXTIME



N	P	N	R	V	F	Y	B	E	X	I	T	N	V	S
O	R	R	E	E	L	E	R	J	N	X	G	O	O	U
I	V	V	O	I	G	A	T	F	G	N	E	I	L	P
T	P	A	M	F	C	A	O	Z	I	U	T	T	U	P
A	U	A	C	E	E	R	N	L	E	U	I	A	N	O
T	F	Y	M	A	M	S	E	A	Z	S	P	C	T	R
I	D	O	O	A	T	S	S	S	M	C	S	U	E	T
D	H	S	T	G	N	I	T	I	I	E	E	D	E	G
E	R	I	O	U	A	G	O	U	O	C	R	E	R	R
M	O	V	O	N	L	B	L	N	P	N	R	A	S	O
N	P	C	F	L	E	X	T	I	M	E	A	E	C	U
S	P	I	H	S	D	N	E	I	R	F	R	L	X	P
S	E	N	I	O	R	S	E	R	V	I	C	E	S	E
V	G	J	H	J	R	E	L	A	X	A	T	I	O	N
E	R	A	C	Y	R	O	M	E	M	E	T	I	M	E

FRIENDSHIPS
HOME CARE
INFORMATION
MEDITATION
MEMORY CARE

ME TIME
PROFESSIONALS
RELAXATION

RESPIRE
SENIOR SERVICES
SUPPORT GROUP

VACATION
VOLUNTEERS
YOGA