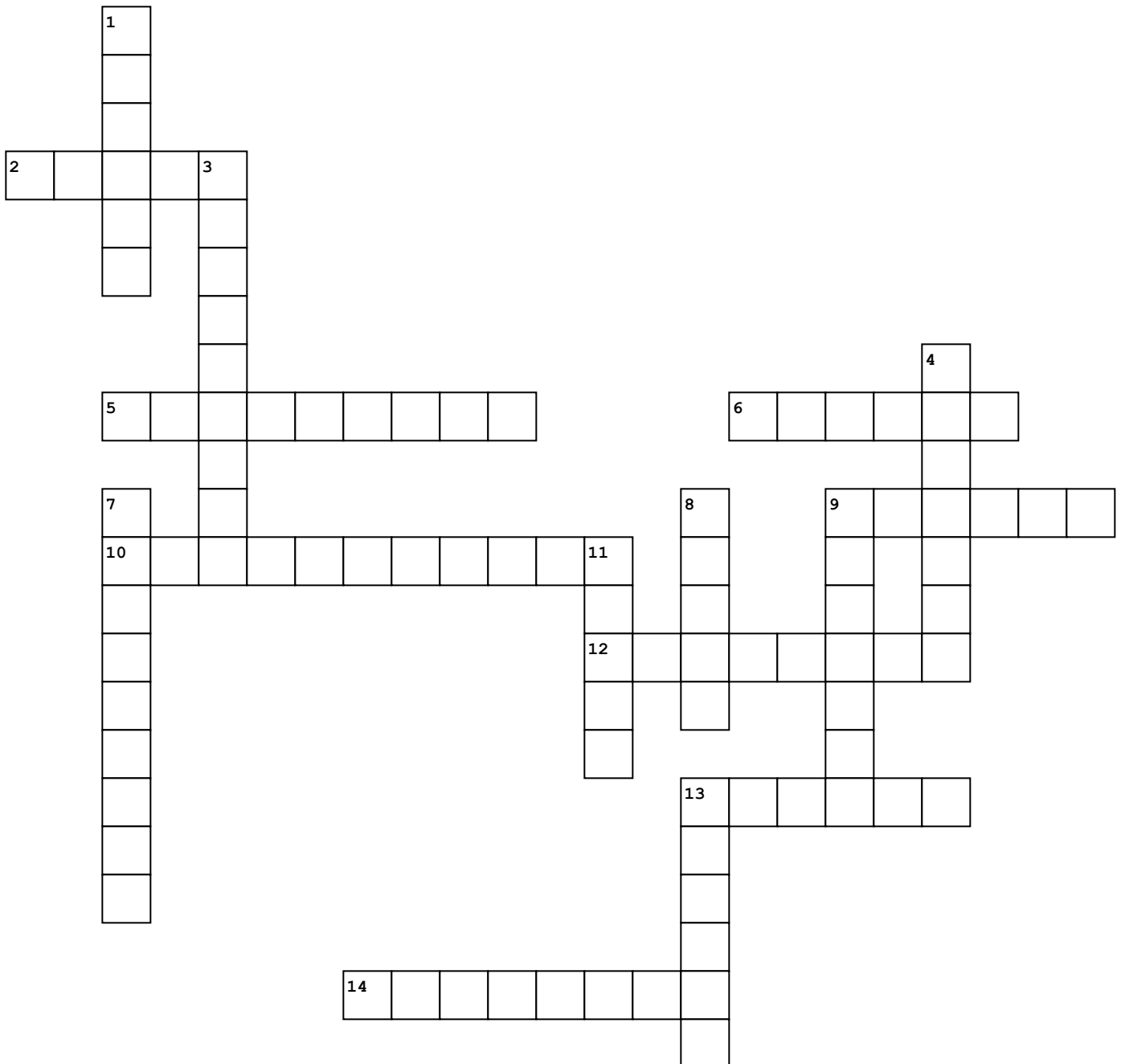


# health



## Across

2. Air Spending time outdoors and breathing in fresh air can improve lung function, boost mood, and reduce stress levels.
5. The process of providing the body with the necessary nutrients through a balanced diet. It involves consuming fruits, vegetables, whole grains, and lean proteins.

## Down

1. Taking precautions to prevent accidents and injuries. This includes wearing seat belts, using helmets, and following safety guidelines.
3. Keeping the body hydrated by drinking enough fluids. It helps maintain healthy bodily functions and supports overall well-being.
4. Striking a balance between work, school, leisure activities, and rest. It promotes a sense of harmony.

6. **Connections** Maintaining relationships and social interactions with friends and family. It contributes to emotional well-being and provides support.
  9. **Description**
  10. **Practicing awareness and being present in the moment.** Techniques like deep breathing, meditation, and relaxation exercises can reduce stress and improve focus.
  12. **Physical activity that helps improve strength, flexibility, and overall fitness.** It can include activities like running, swimming, and playing sports.
  13. **Time Balancing the time spent on electronic devices, such as phones, computers, and TVs.** Limiting excessive screen time promotes physical activity and social engagement.
  14. **Exposure to natural sunlight helps the body produce vitamin D, which is essential for bone health.** It can also improve mood and overall well-being.
- and prevents burnout or exhaustion.
  7. **Well-being** Managing and expressing emotions in a healthy way. It involves recognizing and coping with stress, practicing self-care, and seeking support when needed.
  8. **Staying hydrated by drinking an adequate amount of water.** It helps maintain bodily functions, regulate body temperature, and support digestion.
  9. **Practices that promote cleanliness and prevent the spread of germs.** This includes regular handwashing, brushing teeth, and taking showers.
  11. **The restorative process where the body and mind recharge and recover.** Getting enough quality sleep is important for overall health and well-being.
  13. **Measures** Taking necessary precautions to prevent accidents and injuries. This includes wearing protective gear, following safety instructions, and being aware of potential hazards.