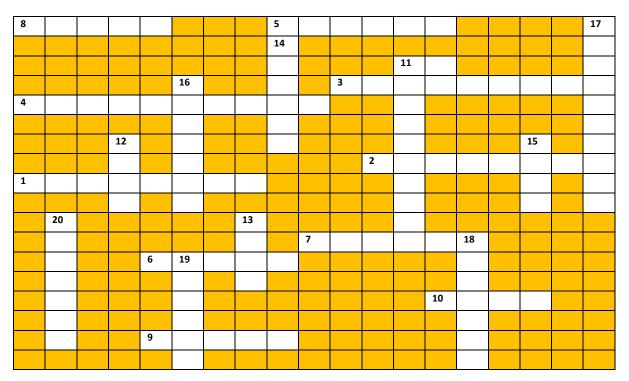


## Pain Management Crossword



## Across

- 1. We need a (8) perspective
- 2. (8) A healthy weight
- 3. (8) Regularly and keep active
- 4. (10) Techniques of mindfulness help emotional wellbeing
- 5. Managing (6) will help reduce pain
- 6. Pain can affect your quality of (5)
- 7. Protect your (6)
- 8. Wearing a (5) can support joints
- 9. Set small (5) to help you get through the day
- 10. (4) helps to reduce discomfort

## Down

- 11. (10) Can help reduce pain
- 12. A common symptom of Arthritis is (4)
- 13. Eat a healthy (4)
- 14. A (7) network of friends and family is important
- 15. (4) yourself, do not overdo things
- 16. Devices and (7) can help make tasks easier
- 17. Complementary (10) help some people
- 18. Stand up and (7) regularly during the day
- 19. Motion is (6)
- 20. (7) promotes blood flow