



Did you know that puzzles are highly recommended by doctors to keep your stress levels at bay, thereby improving your mental health?

So give your brain a break and solve this stress-busting tip!

“REDUCE
STRESS”

A	B	C	D	E	F	G	H	I	J	K	L	M

N	O	P	Q	R	S	T	U	V	W	X	Y	Z

9 24 24 17 23 21 13 24 20 21 5 24 ?

25 1 18 15 17 21 18 ... 26 25 24 3 4 15 18

1 9 11 21 9 17 12 26 12 21 9 15 20 20 3 !



Answers located at: tjc.edu/puzzles