



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”  
**ANSWERS**

A	B	C	D	E	F	G	H	I	J	K	L	M
15		11	17	24		18	25	12			20	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
9	21				23	26	1	5	4		3	

N E E D   S O M E   L O V E ?  
 9 24 24 17   23 21 13 24   20 21 5 24

H U G   A   D O G ... T H E Y   W A G  
 25 1 18   15   17 21 18   26 25 24 3   4 15 18

U N C O N D I T I O N A L L Y !  
 1 9 11 21 9 17 12 26 12 21 9 15 20 20 3



TM