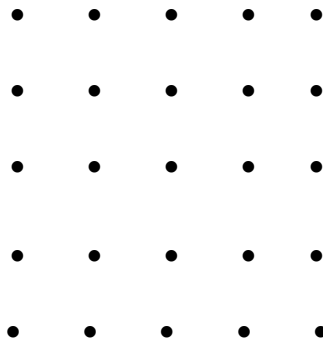


BRAIN EXERCISES

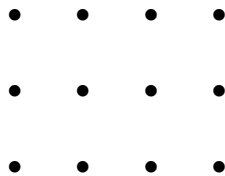
THE CROSS

Directions: There are 25 dots in this puzzle. Draw a symmetrical cross made of straight lines connecting 12 dots so that 5 dots are inside the cross and 8 dots are outside of it.



THE SHORTEST ROUTE

The dots in this problem represent twelve homes. A cable company needs to use the shortest possible length of cable to connect all the homes. What's the shortest route the company can use? The cable can begin at any home, but must finish at its starting point.



STRESS REDUCTION TECHNIQUES

Scale Back Competitive Instincts—Try cooperation. Approaching every situation in a competitive spirit increases stress.

Take Mini-breaks—Get up—stretch—sit back down’ breaks help you relax, especially during stressful times (during exams, when a paper is due, etc.).

Retreat—Schedule some quiet time for yourself.

Exercise—Get physical—it really does reduce stress.

Share—Talk with friends or family members about your problems. And don’t just talk when there’s a problem—regularly sharing thoughts and feelings with trusted others is one of the best stress reducers.

Schedule your time—Get organized. Check out Chapter 16: *Manage An Energy Crisis* in *SMART Studying: Extending Your Power* if you haven’t already done so.

AND FOR GOOD MEASURE—

Be Your Own “Dutch Uncle”

“Dutch Uncles” give you a no-nonsense talking to when it’s needed. So, talk to yourself. Demand that you quit complaining, ditch ‘I should have’ thinking, and think positively. Insist that you focus—not on what’s wrong, but on what you can do about it. Make a list of possible remedies. Then, follow your own advice and choose two or three to try out.