



Mental Health And Activities Workbook

9 Ways To Stay Positive During The Coronavirus Pandemic

When the news is all doom and gloom—as it has been since the outbreak of the coronavirus— it’s hard for even the most optimistic among us to stay positive. It’s true that we need to take this virus seriously. It’s capable of causing severe illness, death, and drastic long-term changes to how we live and work. It could even cripple the economy. It’s easy to stay focused on those calamities: they seem to be the only topics covered on local and national news.

But those thoughts would be counterproductive. Obviously, there are things you need to know about the coronavirus outbreak to protect yourself and those around you, but you do not need to become a COVID-19 expert, nor do you need to hear about every unpleasant detail from dawn until bedtime. Instead, focus on the positive so that you have the energy and resolve needed to weather this storm. Here are nine things you can do:

1. **Limit your intake.** You could watch 24-hour news channels, listen to dire warnings on the radio, or visit countless websites and be bombarded with the angst of the moment. Instead, choose a single news source and decide how much limited time you’ll spend with it each day. Then stick to your plan.
2. **Look to the past.** Get hope from your past resilience. You have likely endured other unforeseen major life disruptors like 9/11, major hurricanes, or the financial meltdown of 2008. You made it through! And you are stronger because of it. Know that you will get through this. Remind yourself of your resilience on a regular basis.
3. **Watch a funny video.** Thanks to the huge popularity of YouTube, there are thousands of videos that can help you take your mind off current events, if only for three minutes at a time. Start to bookmark the funniest among them so you can return for a repeat viewing whenever things feel gloomy.
4. **Look after your neighbors.** You may be at low risk of severe consequences from the virus, but it may not be the same for your neighbors whose immune systems are compromised. The act of checking in on them (keeping six feet apart, of course) will not only make them feel

good, it will make you feel good and remind you that there are others for whom this predicament is even more stressful.

5. **Support your favorite local business.** Maybe you're heeding the social distancing advice and aren't eager to sit in a crowded restaurant right now. And others feel the same way. Those empty seats aren't helping that restaurant owner to pay her staff or keep the restaurant in business. Buy a gift card to help the business owner now, and prepay for a wonderful meal you can have to celebrate when this pandemic is behind us.
6. **Send gifts in the mail.** It may not be wise to drop in on your loved ones with some fresh-baked goodies, so send them a card or gift in the mail. Unexpected treats can be a huge pick-me-up-in times of stress. This is especially valuable to the elderly who are living in nursing homes. Many facilities have closed their doors to all visitors, making residents feel even more isolated and vulnerable.
7. **Take advantage of found time.** I'm a public speaker and my speaking gigs are canceling left and right. It's stressful. I could wallow in that for days. But that wouldn't be productive. These cancelations give me an opportunity to focus on some things I've had no time for and to accelerate my progress on other product offerings. It's liberating, and that's what I've decided to focus on. If your company has implemented a WFH policy, how will you use the time you previously spent on commuting?
8. **Practice random acts of kindness.** Leave an envelope with a little gift for the Amazon delivery person who drops off your supplies outside your door. Or have a coffee delivered to your doorman. Your kindness doesn't require a monetary outlay. Write an unsolicited book review for a friend of yours who is an author. Comment on a colleague's LinkedIn post. Send a snail-mail note of appreciation to a friend or colleague. Many in the entire country of Italy broke out in song and applause to honor their healthcare workers. Thank the custodians in your building or workplace for their efforts to keep things safe. Think of those who could benefit from your thoughtfulness and generosity. Then act.
9. **Take a daily inventory.** Close your day, every day, with a positive acknowledgement of something you accomplished, learned or are grateful for. It will help dilute some of the negativity you've absorbed and remind you that not everything that's happening right now is bad or depressing.

In times of constant negative messaging, you need an antidote so that you can keep your positive attitude and march forward with determination and hope. Be deliberate in activities that are positive, heartwarming, stress reducing and laughter inducing!

Together, we'll get through this.

DEALING WITH WORRIES

I am worried about _____

What can I do about it? _____

I am worried about _____

What can I do about it? _____

I am worried about _____

What can I do about it? _____

F = False
E = Evidence
A = Appearing
R = Real

F.E.A.R. Thought Reframing Exercise



ANXIOUS or FEARFUL THOUGHT:

EVIDENCE: What is the evidence that this might happen? Is this evidence based on fact or emotion? How likely is it to happen? Give examples of past experiences or other evidence.

If your fear comes true, what is **the worst** that would happen? How would you deal with it?

If your fear comes true, what is **most likely** to happen? How would you handle it?

NEW THOUGHT: Replace your original anxious or fearful thought with a more positive (evidence-based) thought.

Thought Record



AUTOMATIC	SITUATION	EMOTIONS	BEHAVIOR / REACTION	OUTCOME
<p>A thought that pops into your head without any conscious effort in response to a trigger or event.</p>	<p>What were the circumstances or contributing factors when this thought occurred? (Were you already stressed</p>	<p>How did you feel in this situation? Which emotions did this situation trigger?</p>	<p>How did you react? What did you "do"? This could be a physical or mental/emotional reaction.</p>	<p>What feelings have "stuck" with you about it. Are they positive or negative? Did you learn something about yourself?</p>

Analyzing Negative Self-Talk



& CREATING RATIONAL COUNTER-STATEMENTS

NEGATIVE SELF-TALK: Something you say to yourself quite often (ruminate on) that is not helpful or healthy.

EVIDENCE IN SUPPORT: What evidence or past experiences make you feel this is true?

QUESTIONS TO ASK YOURSELF:

*What is the evidence for this?

*Is this always true?

*Has this been true in the past?

*What are the odds of this really happening or being true?

*What is the worst that could happen?

*What is so bad about that?

*What would you do if the worst happened?

*Are you looking at the whole picture?

-Are you being fully objective*

What type of self-talk is this? The Worrier? The Critic? The Victim? The Perfectionist?

EVIDENCE AGAINST: What facts and rational thoughts prove this untrue?

RATIONAL COUNTERSTATEMENT = Replace your negative self-talk with a more positive fact-based thought.

List of Positive Affirmations to Say Every Day

SHORT DAILY AFFIRMATIONS

- I matter.
- My life has a purpose.
- Happiness is a choice.
- I do not live in fear.
- I can make a difference.
- All problems have solutions.
- I am enough.
- I am smart and capable.
- I deserve to be loved.
- I am an overcomer.

AFFIRMATIONS FOR MENTAL HEALTH

- I am not alone in my struggles.
- My scars prove my strength, not my weakness.
- I will never give up on myself.
- I am creative and strategic when I face new struggles.
- Each day brings a new chance to thrive.
- Each new day is a fresh start.
- I am patient and kind to myself.
- My illness does not limit my happiness.
- My health challenges make me a warrior.
- My mind is quiet and strong.
- My mental well-being is a priority.
- I take care of myself.
- I look for new ways to overcome my challenges.
- Having a mental illness is not the same as being mentally ill.

MY PERSONAL AFFIRMATIONS

- I have many goals and dreams and I don't give up until I achieve them.
- I base my happiness on my progress.
- I live each day and find joy.
- I feel peace along with my pain.
- I can create the life I deserve.
- Challenges are opportunities for growth.
- Mistakes are the starting point for success.
- I have the heart of a Warrior

AFFIRMATIONS FOR SELF-ESTEEM AND CONFIDENCE

- I will never give up on myself.
- I embrace new challenges and try new strategies to work through them.
- I strive for progress, not perfection.
- I am a work in progress.
- I am a dream-chaser.
- I am capable of so much.
- My past mistakes have been learning experiences.
- I can get through anything.
- I have many goals and dreams and I can achieve them.
- I am worthy of love and happiness.
- I can make my dreams happen.
- I can create the life I deserve.
- I know my good qualities.
- Past performance does not equal future success.
- I trust my ability to make good decisions.

AFFIRMATIONS FOR STRENGTH AND COURAGE

- I am a warrior full of courageousness and hope.
- My potential for happiness is not limited by my chronic illness.
- My health challenges make me stronger.
- My illness does not define me.
- I am courageous and fight to live each day with joy.
- I can thrive, not just survive.
- It's okay to not be okay.
- Crying is not a sign of weakness.
- Every challenge has a hidden treasure.
- Courage runs through my veins.
- Being strong is my way of life.
- Each day has the potential for new happiness.
- I wake up each morning ready to face new challenges.

AFFIRMATIONS

I have many goals and dreams and I can achieve them.



I am courageous and fight to live each day with joy.



I can thrive, not just survive.



My health challenges make me a warrior.



Happiness is a choice.



My potential for happiness is not limited by my chronic illness.



AFFIRMATIONS

I embrace new challenges
and try new strategies to
work through them.



I strive for progress,
not perfection.



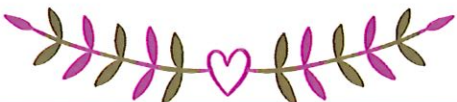
I can make a
difference.



I am patient and
kind to myself.



Each day brings a
new chance to thrive.



I am a warrior full of
courageousness and
hope.



AFFIRMATIONS

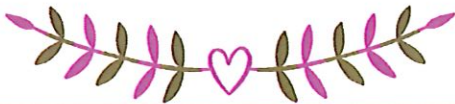
I possess the qualities
needed to . . .



I base my happiness on . . .



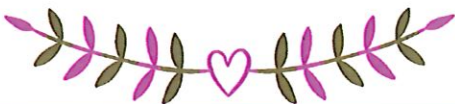
I choose . . .



I deserve . . .



I am . . .



I know . . .



I AM AWESOME!

I can write or draw positive things about me!



Quotes to INSPIRE

Challenges are what make life interesting and overcoming them is what makes life meaningful.

-Joshua J. Marine

You can't be brave if you've only had wonderful things happen to you. -Mary Tyler Moore

Adversity is like a strong wind. It tears away from us all but the things that cannot be torn, so that we see ourselves as we really are. -Arthur Golden

You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give. -Eleanor Roosevelt

Turn your wounds into wisdom. —Oprah Winfrey

There is no need to be ashamed of tears, for tears bear witness that a man has the greatest of courage, the courage to suffer. -Viktor Frankl

There are two ways of exerting one's strength: one is pushing down, the other is pulling up. -Booker T. Washington

Nothing is more beautiful than the smile that has struggled through the tears. -Demi Lovato

Hard times don't create heroes. It is during the hard times when the hero within us is revealed. -Bob Riley

A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles. -Christopher Reeve

Quotes to INSPIRE

Strength does not come from physical capacity. It comes from an indomitable will. –Mohandas Gandhi

Never be ashamed of a scar. It simply means that you were stronger than whatever tried to hurt you. –Unknown

You never know how strong you are until being strong is the only choice you have.–Unknown

Strength isn't about how much you can handle before you break, it's about how much you can handle after you break. –Unknown

If you don't like something change it; if you can't change it, change the way you think about it. - Mary Engelbreit

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow. –Mary Anne Radmacher

When you stand and share your story in an empowering way, your story will heal you and your story will heal somebody else. - Iyanla Vanzant

In the midst of winter, I finally learned that there was in me an invincible summer. - Albert Camus

Worry never robs tomorrow of its sorrow, it only saps today of its joy. -Leo Buscaglia

We must accept finite disappointment, but we must never lose infinite hope. - Martin Luther King



My Favorite Quotes

DAILY GRATITUDES

I AM THANKFUL FOR...

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DAILY GRATITUDES

I AM THANKFUL FOR...

DATE:

HAPPINESS RATING:     

DATE:

HAPPINESS RATING:     

DATE:

HAPPINESS RATING:     

DATE:

HAPPINESS RATING:     

DATE:

HAPPINESS RATING:     

DATE:

HAPPINESS RATING:     

DATE:

HAPPINESS RATING:     

REFLECTIONS: _____

Self-Care Assessment Checklist

PART 1: PHYSICAL SELF CARE

ACTIVITIES	Yes	No	Some	Want To Try
Eat regularly (eg. Breakfast, lunch, dinner)?				
Drink enough water?				
Eat fresh fruits and vegetables?				
Exercise regularly?				
Engage in physical activity like walking?				
Get regular medical exams & physicals?				
Go to a dentist regularly?				
Get your vision checked?				
Get enough sleep?				
Get medical care when sick?				
Wear clothes you feel good in?				
Take prescribed medications regularly?				
Shower or bathe daily?				
Brush teeth and floss daily?				
Take naps when needed?				

Physical Self-Care Activities I Want to Start Doing:



Self-Care Assessment Checklist

PART 2: MENTAL SELF CARE

ACTIVITIES	Yes	No	Some	Want To Try
Meditate?				
Practice deep-breathing techniques?				
Take time off when needed?				
Read self-growth books?				
Try to decrease your stress?				
See a psychiatrist and/or psychologist?				
Write in a journal?				
Use adult coloring as therapy?				
Make time away from technology?				
Listen to self-help or mental health podcasts?				
Have positive thoughts about yourself?				
Make time for self-reflection?				
Say no to extra responsibilities?				
Practice mindfulness?				
Do something you are not an expert at?				

Mental Self-Care Activities I Want to Start Doing:



Self-Care Assessment Checklist

PART 3: EMOTIONAL SELF CARE

ACTIVITIES	Yes	No	Some	Want To Try
Get massages?				
Dance spontaneously?				
Sing out loud?				
Take vacations or small getaways?				
Read books that you enjoy?				
Listen to music?				
Have a hobby?				
Spend time learning something new?				
Set goals for yourself for pursuing a passion?				
Spend time with people you enjoy being around?				
Stay in contact with important people in your life?				
Let yourself cry?				
Find things that make you laugh?				
Ask for help when you need it?				
Read yourself affirmations of praise or encouragement?				

Emotional Self-Care Activities I Want to Start Doing:



(Daily) Self-Care Plan of Action



SELF-CARE ACTIVITIES I WILL TRY THIS TODAY

PHYSICAL

EMOTIONAL

MENTAL

(Weekly) Self-Care Plan of Action

SELF-CARE ACTIVITIES I WILL TRY THIS WEEK

PHYSICAL

EMOTIONAL

MENTAL

PROGRESS CHECK-IN

DATE:

HOW I'M DOING

IMPORTANT EVENTS THAT HAVE HAPPENED



WHAT I'M PROUD I'VE ACCOMPLISHED

WHAT I'D LIKE TO IMPROVE

A List Of FREE, Online, Boredom-Busting Resources!

Stuck at Home? Museums Offer Virtual Tours You Can Take on Your Couch:

1. British Museum, London <https://britishmuseum.withgoogle.com/>
2. Musée d'Orsay, Paris <https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>
3. National Museum of Modern and Contemporary Art, Seoul <https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>
4. Pergamon Museum, Berlin <https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>
5. Van Gogh Museum, Amsterdam <https://artsandculture.google.com/partner/van-gogh-museum?hl=en>
6. MASP, São Paulo <https://artsandculture.google.com/partner/masp?hl=en>

There are 500 museums and art galleries you can virtually look at here:

<https://artsandculture.google.com/partner?hl=en>

The Georgia Aquarium has online webcams that allow you to watch their aquarium exhibits from home! : <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Want to learn or research something new? There are free online learning classes for a variety of subjects: <https://www.open.edu/openlearn/>

Many concerts and musical performances have been cancelled, but some are livestreaming their performances so that you can enjoy it from home! Here is where you can find a list of live-streaming concerts: <https://www.wkar.org/post/list-live-streaming-concerts#stream/0>

Looking for something new to read? Here is a website that has 50,000+ FREE eBooks:

<https://manybooks.net/>

30 Of The Most Inspirational Songs Of All Time To Lift Your Spirits Up

Music has an unrivaled power.

It moves us to action, inspires us to do better, motivates us to push through challenges, and comforts us when things are dark.

There are a lot of amazing songs out there. And there are countless inspirational ones *because* they're so personal to your life story. However, once you find that one song that touches you, it can evoke impactful emotions and actions.

1. "Not Afraid" by Eminem
2. "Dream On" by Aerosmith
3. "Can't Hold Us" by Macklemore & Ryan Lewis
4. "Somewhere Over the Rainbow" by Israel Kamakawiwo'ole
5. "Lose Yourself" – Eminem
6. "Don't Stop Believin'" – Journey
7. "It's My Life" – Bon Jovi
8. "I Believe I Can Fly" – R. Kelly
9. "Imagine" – John Lennon
10. "All You Need Is Love" – The Beatles
11. "Beautiful" – Christina Aguilera
12. "Man in the Mirror" – Michael Jackson
13. "Hero" – Mariah Carey
14. "We Are The Champions" – Queen
15. "Firework" – Katy Perry
16. "Livin' On A Prayer" – Bon Jovi
17. "Eye of the Tiger" – Survivor
18. "Hall of Fame" – The Script
19. "Stronger" (What Doesn't Kill You) – Kelly Clarkson
20. "Skyscraper" – Demi Lovato
21. You Gotta Be – Des Ree
22. Harder, Better, Faster – Daft Punk
23. What a Wonderful World – Louis Armstrong
24. Started From The Bottom – Drake
25. Survivor – Destiny's Child
26. Heroes – David Bowie
27. I Will Survive – Gloria Gaynor
28. Stronger – Kanye West
29. Heal the World – Michael Jackson
30. Save the World – Swedish House Mafia

20 Journal Prompts That Help Combat Anxiety

Journaling is one of many ways to help **naturally reduce your anxiety**. Writing is a form of therapy where you can focus on getting all of your thoughts out of your head. This helps you create clarity and gives you a different perspective on your thoughts. Usually, when we're so wrapped up in our thoughts, we lose sight of what's real from what isn't. Your thoughts from your reality. That's why writing everything out in a journal is a great way to get out of your head

1. Write about your week so far. What are some good and bad things that have happened?
2. What are the top components of a perfect day for you?
3. List the ways you've changed for the better.
4. Write down 3 major changes you need to make in your life right now.
5. Write down all of the people who love you for who you truly are.
6. List all of the qualities you like most in yourself.
7. Write down everything you would try if you weren't so afraid.
8. What are the best things your parents taught you about living life?
9. What do you feel most anxious about right now?
10. What would you like to be remembered for?
11. What are some major things you've overcome in life?
12. Think about what triggers your anxiety. Write it down and come up with ways to overcome the trigger.
13. What do you want to accomplish within the next year? What's holding you back from accomplishing it? How will you succeed?
14. What was the most challenging part of today? How did you get through it?
15. Write down 10 things you're grateful for right now
16. What are some things you are really good at?
17. Think about the happiest moments in your life. What happened and why were they so great?
18. Was there a time as a child where you felt scared or hurt? Write down that moment. Then, write down what your adult self would say to comfort your younger self.
19. Write down 5 kind things to say to yourself every day
20. Who are the closest people to you? Write down who they are and why they are so important.

14th March

ACROSS

- 1 Long, detailed story
- 5 Brush's companion
- 9 Kegger, e.g.
- 13 Castle surrounder
- 17 Work: Lat.
- 18 Moffo's solo
- 19 Orchestral instrument
- 20 Impel
- 21 Operates
- 22 Formality in manner
- 24 Gulf War missile
- 25 What the boss demands
- 27 "Murder Most ___" (1965 film)
- 28 Parts of a foot
- 30 "Hook" role
- 31 And
- 32 After tall or tell
- 33 Handled roughly
- 35 Ridicule
- 36 Grotesque imitation
- 40 Greek god of

- love
- 41 Net nicks
- 42 Former Justice Byron
- 43 ___-la-la
- 44 To be, in Barcelona
- 45 Quaker Oats cereal
- 46 Everyday entrée in Umiat
- 47 Plumber's concern
- 48 Leave the runway
- 50 Julianne of 2013's "Carrie"
- 51 Ambushes
- 52 Model builder's purchase
- 53 Eucharist implement
- 54 ___ of Tranquillity
- 55 Many times
- 58 Zapped in the microwave
- 59 Southwestern tribal towns
- 63 "An American Family" name
- 64 Lesions
- 65 Sound a siren
- 66 WWII agcy.

- 67 Whisperer's target
- 68 Author Wiesel et al.
- 69 Vex
- 70 Pit stop pick-up
- 71 Subject of a Michael Pollan book
- 73 Sit for a painter
- 74 Purpose
- 75 Snick's pal
- 76 The Hippocratic
- 77 Baby-food containers
- 78 It comes between shake and roll
- 80 Couturier Schiaparelli
- 81 Sudden attacks
- 84 16,000,000 square miles of land
- 85 Measuring instrument
- 88 Sitar piece
- 89 Chat
- 90 "Postcards from the ___" (Fisher novel)
- 91 Locale of

- Commodore Perry's headquarters
 - 92 Indigo source
 - 93 Fencer's choice
 - 94 Dutch or French
 - 95 Meeting: abbr.
 - 96 Apollo agcy.
- DOWN**
- 1 Whiskey ___
 - 2 Cathedral section
 - 3 Conjecture
 - 4 Jumps to conclusions
 - 5 Class-system division
 - 6 Bits for the compost heap
 - 7 1002, to Brutus
 - 8 Confounds
 - 9 Unexpected perk
 - 10 Eve's second son
 - 11 Call for help
 - 12 Wait a second
 - 13 Brawn
 - 14 Concerto participants
 - 15 Malarial symptom
 - 16 Danson and Koppel

- 23 Number of FDR freedoms
- 26 Showed the way
- 29 Church section
- 31 "Our Gang" dog
- 33 Gypsy moth, e.g.
- 34 Geometry student's calculation
- 35 Actor Goldblum
- 36 Pain in the side
- 37 Climb
- 38 Fall head over heels
- 39 Sounds from toy dogs
- 41 Hoist
- 42 Courted
- 45 Choice cut
- 46 Specks
- 47 Cheerless
- 49 Pieced out
- 50 Earns
- 51 "Twilight" fan, probably
- 53 Sieved food
- 54 Right Guard rival
- 55 Dairy case bargain
- 56 Aphrodite's origin
- 57 Meadowlands crowd-control feature
- 58 Black, in Brest
- 59 Pallid
- 60 Part of Jefferson's purchase
- 61 Not secretive
- 62 Pretzel crystals
- 64 With dark irises
- 65 It accompanies a thrown coin
- 68 Robbie Knievel's dad
- 69 Spins
- 70 BASIC kin
- 72 Engine's air source
- 73 Wolf's move
- 74 Duffer's hope
- 76 More timeworn
- 77 Jests
- 78 Charge by the hour
- 79 Expediting initials
- 80 Descartes's "therefore"
- 81 Biology and chemistry: abbr.
- 82 Knight's protector
- 83 Casa room
- 86 Pother
- 87 Anger

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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89				90					91			92			
93				94					95			96			

15th March

ACROSS

- 1 Fastener part
- 5 Cheese from the Netherlands
- 9 Bridge response
- 13 Pedigree word
- 16 Rock concert gear
- 17 "___ Can't Buy You Love"
- 18 River to the English Channel
- 19 Die
- 20 ___ Tyler Moore
- 21 French city
- 22 Robert ___ Leonard of "House"
- 23 Sediments
- 24 Like larcenous fingers
- 26 Old-fashioned soft drink
- 29 Waters down
- 31 Item in Palmer's pocket
- 32 Jaunty headwear
- 33 In a state of bemusement
- 35 Consider
- 37 A&W specialty
- 42 Grows hoary
- 43 Title
- 44 Irish pop group, with "the"
- 45 Actress Medford ("Funny Girl")
- 46 Dog owner's vacuum bag contents
- 47 Chinese food option
- 48 Silent star Negri
- 49 "___ real nowhere man..." (The Beatles)
- 50 Evaluate by trying
- 52 Will
- 53 VP from Delaware
- 54 ___ judicata
- 55 Copper coins
- 56 Author Yurick or impresario Hurok
- 57 Latest fads
- 60 Aegean island
- 61 Comedians' straight men
- 65 4,047 square meters
- 66 Strait-laced
- 67 Road, to Brutus
- 68 Leprechaun's home; abbr.
- 69 "___ Loser"
- 70 "Waiting for Lefty" playwright
- 72 Ariadne's gift to

DOWN

- Theseus
- 73 Vexed state
- 74 Alex's ___ Stand
- 76 Accept
- 77 Honda motorcycle
- 78 Diadem ornament
- 79 Atlantic City action
- 80 "Common Sense" author
- 82 Quaff for Yuppies
- 88 Holy
- 91 Little grimace
- 92 Install
- 93 Eliminates
- 95 Larenz of "Why Do Fools Fall in Love?"
- 96 Goals
- 97 Cabbagelike plant
- 98 Ms. Hart of "Peter Gunn"
- 99 Forelimb bone
- 100 Skipper's heading; abbr.
- 101 Spot for a spade
- 102 Bull Run victors
- 103 Lunch or dinner

DOWN

- 1 Scenery-chewing actors
- 2 He loves, to Caesar
- 3 White wine coolers
- 4 Souls
- 5 Playwright Williams
- 6 "The ___ of the Jackal"
- 7 TV's Burke
- 8 Endangered aquatic mammal
- 9 Oater coterie
- 10 Linoleum purchaser's calculation
- 11 Go beyond the breaking point
- 12 Capitol Hill crusader
- 13 Highlight of a swashbuckler film
- 14 Navigator Tasman
- 15 ___ Verde
- 19 Go up a mountain
- 25 Baby goat
- 27 Like a pimento
- 28 Deserters
- 30 Treat treacherously, informally
- 33 Half-baked
- 34 Shivering fit
- 36 Ostrichlike bird
- 37 VIP's car, for short
- 38 Unwritten
- 39 Augmented
- 40 Naturalness
- 41 O'Neal or Phillippe
- 43 "Entre ___" (1983 movie)
- 44 Outerwear
- 47 Boot tips
- 48 ___ Penh, Cambodia
- 49 City near Mauna Loa
- 51 Backyard swing support
- 52 Interstate sighs
- 53 Uncouth fellow
- 55 ___ blanche
- 56 Ragoût, e.g.
- 57 Fence part
- 58 Manufacturer of anti-roadrunner devices
- 59 .035 ounce
- 60 Drove fast
- 61 Awfully expensive product
- 63 Joyce's native land
- 64 Bristle
- 67 Type
- 70 Lulu
- 71 Tablecloth fabrics
- 72 Wedding reception staffer
- 73 Private place
- 75 S-shaped moldings
- 76 ___ Offensive (Vietnam War engagement)
- 77 Frank's '60s missis
- 79 With ___ breath (expectantly)
- 81 Chumps
- 82 Fr. titles
- 83 Products of electric discharge
- 84 Like Botticelli's Venus
- 85 OT wedding-night substitute
- 86 Knitting rib
- 87 Journey
- 89 Lab burner
- 90 Poker action
- 94 Fish by bobbing bait lightly

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16th March

ACROSS

- 1 Landscaper's stock
- 4 Sutherland specialty
- 8 Dieter's main course
- 13 Morning deposits
- 17 Go briskly, to a poet
- 18 Copper
- 19 Make someone happy
- 20 Demonic agenda
- 21 "The ___ Man" (1980 film)
- 23 Cryptographers' discoveries
- 24 Pierre's mom
- 25 Look searchingly
- 26 Actor Jeremy
- 28 Cleaned a slate
- 30 Genealogy diagram
- 32 Brawny

- 34 Wheat husk
- 35 Skating venues
- 37 Lettuce unit
- 38 Causing a rift
- 42 Whiz-bang pilot
- 43 Nudges
- 45 Outmoded
- 46 Despicable person
- 47 Emulates an Avon lady
- 49 Curls around
- 51 Add hands
- 52 Harasses
- 54 Gamin's garb
- 55 Parson's home
- 56 Military students
- 59 During
- 61 Isaac Mizrahi's employer
- 62 Garner
- 63 NYSE membership
- 64 Mob scenes
- 66 Plays on words
- 67 Utters
- 69 Nurtures
- 73 Compass dir.
- 74 Item in the trunk
- 75 Speak
- 77 Part of an

- infant's routine
- 78 Some Coast Guard workers
- 80 Resistance
- 81 "___ Flyer" (Elijah Wood film)
- 83 Cerussite and anglesite
- 84 Deejay's chitchat
- 86 Fasting period
- 87 Afraid
- 90 Love at ___ sight
- 91 On an ocean voyage
- 93 Moonshine grain
- 94 Key
- 96 Lighthouse toppers
- 100 Pot builder
- 101 Emma Roberts, to Julia
- 102 Border
- 103 Conger
- 104 Symbol on a musical score
- 105 The search for more
- 106 Appear to be
- 107 "L.A. Law"

DOWN

- 1 "___ Done Him Wrong" (Mae West film)
- 2 Crisco product
- 3 Excavated
- 4 Yearn
- 5 Breeds
- 6 Bucolic hostel
- 7 Clad
- 8 Response to a motion
- 9 "___ came a spider..."
- 10 Boys 'round the pub
- 11 Cleaned one's plate
- 12 Merits
- 13 Supply's economic partner
- 14 "___ Bayou" (1997 film)
- 15 Philippe Petit path
- 16 "Rosebud," e.g.
- 22 Look secretly
- 27 Weenie ___

- 29 Speakeasy invasion
- 30 Golf hazard
- 31 Wedding confetti
- 33 Them there
- 34 Mosquito attacks
- 36 Gymnasts' feats
- 38 "Lost in Space" robot's shout
- 39 Cake topper
- 40 Villainess in Kesey's cuckoo's nest
- 41 Play the host
- 44 Merlot and Margaux
- 45 Indicator
- 48 Apply the vinaigrette
- 50 Use the Palmer method
- 51 Unmerciful
- 53 Pledges
- 55 Substance
- 56 Job, to a yegg
- 57 Tickle one's funny bone
- 58 "Great" dogs
- 60 Animosity
- 61 Horn sound
- 63 Twinklers
- 65 Picture
- 67 "Faster than a ___ bullet..."
- 68 Puts into categories
- 70 Esteemed
- 71 Tess in "Paint Your Wagon"
- 72 Dick and Jane's dog
- 74 Indubitable
- 76 Confuses
- 79 Bix Beiderbecke's instrument
- 80 Scurried
- 82 Toward the sheltered side
- 84 Slice
- 85 Spectrum
- 87 Wound's yield
- 88 Wizard's hat, e.g.
- 89 Knacks
- 90 Hightail it
- 92 Curtail
- 95 Knight identifier
- 97 Block or cannon suffix
- 98 Mamie Eisenhower, ___ Doud
- 99 Like a fox

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17th March

ACROSS

- 1 Aid
- 5 AARP members' funds
- 9 "___ of Blues" (Elvis)
- 14 Child
- 17 Ellipse
- 18 Amalgamate
- 19 "Homicide" director
- 20 Blue Cross alternative: abbr.
- 21 Progressive pulse
- 24 Bled
- 25 "___ Time at All"
- 26 Sleeping Beauty's wake-up call
- 27 Shade providers
- 29 Sticky stuff
- 32 Scottish cake
- 34 Vigor
- 35 Preceding nights
- 36 "Fred ___" (2007 film)
- 37 Fine points
- 40 Nervous twitch
- 41 Perfect angel
- 42 Computer connector
- 43 Child's trial or adult's reward
- 44 College website ending
- 45 Naval VIPs
- 46 Removes peels
- 47 Roman reproach
- 48 Bumper cars et al.
- 50 Frontier enclaves
- 51 Longed
- 52 Séance visitor
- 54 ___ screen (iPhone control)
- 55 Pericles' city
- 56 Wheelchair-bound "Glee" character
- 57 Thora of "American Beauty"
- 58 Sprout
- 59 Flanagan's charges
- 60 Will Smith film
- 61 Swarm
- 62 Frequently, in verse
- 65 Recede
- 66 Marten's cousin

- 67 Opera singers
- 68 Send flowers and candy, e.g.
- 69 Trustworthy
- 71 Muffled
- 72 Plant with fronds
- 73 MacDowell of "Cedar Cove"
- 74 City in central Georgia
- 75 Kegler locale
- 76 Desperado
- 78 Pledge
- 79 Biblical judge
- 80 Noah's masterpiece
- 81 Peruse web pages
- 88 Bishopric
- 89 Not overt
- 90 Big Dipper component
- 91 Succumb to fatigue
- 92 Stetson, e.g.
- 93 Shade of gray
- 94 Poultry flavoring
- 95 Stretch across

DOWN

- 1 "___ do I love thee?"
- 2 Topsy's playmate
- 3 Washroom: abbr.
- 4 Features of some window shades
- 5 Speculative
- 6 Prairie schooner track
- 7 "___ Wednesday" (Liz Taylor film)
- 8 Hunt for
- 9 Delight
- 10 Yoga students' needs
- 11 Ratite bird
- 12 Goods and ___
- 13 "Ms." VIP
- 14 Quit
- 15 Epps of "Alfie"
- 16 Heaps
- 22 Countdown end
- 23 '57 DeSoto features
- 28 Use curlers
- 29 1995 U.S.

- Open champ Sampras
- 30 Ardent
- 31 Psychological crutch
- 32 ___ down (loses weight)
- 33 Pantry items
- 34 Mashed potatoes and green beans, e.g.
- 36 West Pointer
- 37 Yankee's home
- 38 Ingested
- 39 Taters
- 41 Sad Sack's girlfriend
- 42 Sousa opus
- 46 Joey's spot
- 47 Grand Canyon feedback
- 49 Fleur-de-lis
- 50 Constrain
- 51 Molecule components
- 52 Curved sword
- 53 Unmanned spacecraft
- 54 Champ's holding
- 55 "Full speed ___!"

- 57 Certain belt
- 58 Number of Snow White's pals
- 60 Customary
- 61 Singer Gobbi
- 63 Golfer's warning
- 64 Fashionable
- 66 "Satan's ___" (1969 biker flick)
- 67 Wonderland figure
- 70 Not Rep. or Dem.
- 71 SAT section
- 72 Belles, at a ball
- 74 Unglossy
- 75 Malty beverage
- 76 Wild party
- 77 Department
- 78 "Out ___" (Jon Voight film)
- 79 To be, in Toulouse
- 82 TV mfr.
- 83 Give ___ try
- 84 Old horse
- 85 Cut short
- 86 Tide competitor
- 87 Lacrosse team number

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18th March

ACROSS

- 1 Busy
- 6 Photo, for short
- 10 "Yo, swabbie!"
- 14 Grew like some phlox
- 19 Trumpet's sound
- 20 Pine dropping
- 21 Winston Cup winner Earnhardt
- 22 Young Montague
- 23 Painter's concern
- 25 Naval Academy students
- 27 Conceit
- 28 Falls into ruin
- 29 Limber
- 31 "Paper Moon" stars
- 32 Musical pause
- 33 Fibrous plant
- 34 Walks in mud
- 36 Positive attributes
- 39 Be apparently true
- 40 ___ off (prevent)
- 41 Dull grayish color
- 44 Scruffs
- 45 Most aloof
- 47 Foreordain
- 49 Donald Faison's

- "Scrubs" role
- 50 Ululate
- 51 Waxed wick
- 53 Elba, e.g.
- 54 Tailor's tool
- 56 Like some undergrad courses
- 58 Indifferent
- 59 Strong desire
- 60 Came in first
- 61 First word of "Cheek to Cheek"
- 62 Flawed
- 63 Joyful
- 65 Zealous
- 66 Full-grown
- 67 Monastery VIPs
- 69 They fed Elijah
- 70 There, to a bard
- 71 Punching tool
- 74 Puts on ice
- 75 Lithium et al.
- 76 Barrino of "American Idol"
- 78 Russian mountain
- 79 Washed out
- 80 Emulated Rachel
- 81 Hoodlum
- 82 Torque's product
- 84 Message board count

- 87 Beetle's nemesis
- 88 Completion
- 89 Voyages
- 91 Outer covering
- 92 Touching touch
- 93 Legitimate
- 94 Deprivation
- 95 Narrow aperture
- 96 Respect
- 99 Far above the ground
- 101 Harbor animal
- 102 Elec. unit
- 105 Expressed vividly
- 107 Since time ___
- 110 Pinkie, e.g.
- 111 Yell incoherently
- 112 Small recess
- 113 CB
- 114 Strong motivation, for some
- 115 Label on irregular merchandise
- 116 Practical jokes
- 117 Bible verb

DOWN

- 1 French friar
- 2 Colliery tailings
- 3 Mexican snack
- 4 Get under one's skin
- 5 Rues

- 6 Space explorer Carpenter
- 7 Entre ___ (confidentially)
- 8 Landers or Sheridan
- 9 Used a bike
- 10 Blend with something else
- 11 Golf-ball sized precipitation
- 12 Like the heir apparent, often
- 13 "The People, ___" (Sandburg)
- 14 Shrinks
- 15 Cords
- 16 Austen match-maker
- 17 Decorticate
- 18 Shipping weights
- 24 David's "Friends" role
- 26 Electrolux competitor
- 30 Life, e.g.
- 32 Smells bad
- 33 Actor Norman
- 35 Worked on the docks
- 36 Fidgeting
- 37 Booze
- 38 It helps launch

- an enterprise
- 39 Pen females
- 40 Flower parts
- 41 Annoyance
- 42 Out, like a cigar
- 43 Impecunious
- 45 ___ oil
- 46 Connie or Cat
- 48 Snarl
- 50 Lowlifes
- 52 Confined
- 55 Hits
- 56 Permeate
- 57 Tangle
- 58 Sully
- 61 Furnaces, e.g.
- 62 Battle line
- 64 Languishes
- 65 Lynn of baseball
- 67 Sharp, as an angle
- 68 B, on the Periodic Table
- 70 Blabs
- 72 "The ___ of the Dove" (Henry James)
- 73 Albert and Chad
- 75 Excessive excitement
- 76 Provide lunch
- 77 Isolated
- 79 "___ About It" (1999 Alison Krauss recording)
- 80 Takes the laurels
- 83 Repeat
- 85 UCLA teacher, e.g.
- 86 Material trimmed from a board
- 87 Gobs
- 90 Public promenades
- 92 Symbol of silence
- 93 Confine
- 94 Ore deposits
- 95 Hunts for
- 96 Says further
- 97 Brew coffee
- 98 Balthazar, Caspar, and Melchior
- 100 "Christ Stopped at Eboli" author
- 101 Smoke-fog mixture
- 102 "A Step Too Far" musical
- 103 USPS concern
- 104 Tale thickener
- 106 Creator of Rosemary and her baby
- 108 Emu's extinct cousin
- 109 Pep squad's word

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