

The Pause That Refreshes

Taking a break in the action can provide reinvigorating relief.

ERESPTI - - - - -
 - - - - -

SLGEBRETPHNLIA - - - - -
 - - - - -

SFAECERIE - - - - -
 - - - - -

BIBTASAACL - - - - -
 - - - - -

RRAND - - - - -

MNNTSIESIIOR - - - - -
 - - - - -

AUISTH - - - - -

EOMTITU - - - - -
 - - - - -

ARROOMTUIM - - - - -
 - - - - -

EOKFREFBCAE - - - - -
 - - - - -

CSESER - - - - -
 - - - - -

ATICNAVO - - - - -
 - - - - -

BONUS WORD: - - - - -

(form bonus word from the marked letters in the other answers)

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