

Name: _____

Date: _____

Are You Stressed?

E H U I C C L Q B P Z I C B R E Z
C B A N X I O U S R D C M E N H Q
A H T C E J B U S E Q A R V Z T H
E T K W P B S T R S U L G Y D A X
P A Q P Q T P M U S I M N N F E H
P E E S N C O O G U E Q I B F R U
D R Z C U D R K X R Z W D A D B I
E B B H Z G T Z G E N S M V X N L
M P B O A F S A Z U T I N N L J I
L E D O O N H X U R L D D E M U I
E E H L E X F Z E Y D Y M J B F A
H D S S E R T S E D S O B N D O B
W Q F R O P S Y I P H L H Y Y O C
R S I X E J S J H K W Y B E M D A
E C V O Q L S G D H S Y Z R V Q J
V Q X F Q H A D U U N Q L B S M X
O P I P J D N X B A C P R E U X B

Deep Breath
Anxious
School
Peace
Food

Overwhelmed
Breathe
Sports
Relax
Home

Destress
Subject
Stress
Busy

Pressure
Family
Unwind
Calm