

Name: _____

BODILY RESPONSE TO STRESS

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

PARASYMPATHETIC
HEART RATE
FEARLESS
INSOMNIA
NERVOUS
BREATHE
RELAX

SYMPATHETIC
RESILIENT
PROGRESS
BACKACHE
TENSION
STRESS
FEAR

INDIGESTION
AWARENESS
POSITIVE
POUNDING
ANXIETY
ANGER
CALM

DEPRESSION
VISUALIZE
ATTITUDE
ONWARDS
RELEASE
TENSE
PAIN