

Name: _____

Date: _____

Cognitive Approaches to Stress Management

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

STRESS INOCULATION
DECISION MAKING
THERAPEUTIC
WEATHERING
CLIENT
STRESS

STRESS MANAGEMENT
PROBLEM SOLVING
ALLOSTASIS
COGNITIVE
COPING
GOALS

SOCIAL RESOURCES
SPIRITUALITY
APPRAISALS
COMPONENT
HELPER