

Name: _____

Date: _____

Coping With Stress

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

stomachaches
depressed
headache
anxious
stress

overwhelmed
problems
positive
nervous
panic

frustrated
thoughts
negative
coping