

Name: _____ Date: _____ Period: _____

Health end of year search

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

science
box breathing
conflictresolution
collaboration
negotiation
compromise
assertive
Distress
Coping

bill nye
resting posture
NegativeInfluence
communication
Perception
Instagram
SnapChat
Alcohol
Stress

word wall
mindfulness
PersonalStressors
Alternatives
ScreenTime
Unhealthy
Facebook
Sources
verbal

brain child
meditate
InternalStressors
SocialMedia
Strategies
Nutrition
Reliable
Healthy
Drugs

brain games
DecisionMakingProcess
ExternalStressors
HealthRisks
openminded
nonverbal
Eustress
refusal
Valid