

Name: _____ Date: _____ Period: _____

Managing Stress & Anxiety

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

Parasympathetic	Mental health	Psychological	Performance
Sympathetic	Depression	Meditating	Perception
Traumatic	Emotions	Physical	Pressure
Anxiety	chronic	Coping	Stress
Type A	Type B	Acute	Focus
Worry			