

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Physical Symptoms of Stress

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

panic attacks  
chest pains  
hair loss  
heartburn  
tension

stomach pain  
indigestion  
tiredness  
fainting  
rashes

nail biting  
nightmares  
headaches  
shaking  
dizzy