

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

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

# STRESSED OUT

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

- |               |              |              |             |             |
|---------------|--------------|--------------|-------------|-------------|
| DISORIENTATED | DISAPPOINTED | DISCONNECTED | MEANINGLESS | PURPOSELESS |
| DEFENSELESS   | DISTRESSED   | BEWILDERED   | VULNERABLE  | WORTHLESS   |
| DEPRESSED     | MISERABLE    | PRESSURED    | PERPLEXED   | SCATTERED   |
| EXHAUSTED     | DEJECTED     | TROUBLED     | STRESSED    | PANICKED    |
| HELPLESS      | CONFUSED     | ISOLATED     | AIMLESS     | UNHAPPY     |
| ANXIOUS       | WORRIED      | CHAOTIC      | DRAINED     | UPSET       |
| TIRED         | WEARY        | WEAK         |             |             |