

Signs of Stress

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

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|--------------------|----------------|---------------|---------------|
| Performance change | Teeth grinding | Forgetfulness | Loss of humor |
| Over drinking | Racing heart | Restlessness | Absenteeism |
| Memory loss | Addiction | Bossiness | Dizziness |
| Headaches | Road rage | Tardiness | Drug use |
| Insomnia | Anxiety | Boredom | Smoking |
| Crying | Anger | | |