

Name: _____

Date: _____

Stress, Burnout, Self-care

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

Dysfunctional beliefs

Overgeneralization

Self defeating

Environmental

Dichotomous

Disputation

Distortions

Therapist

Cognitive

Skovholt

External

Rational