

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

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

# Stress Management

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

social withdrawal  
muscle tension  
restlessness  
nightmares  
meditation  
hair loss  
control  
memory

rapid breathing  
deep breathing  
indigestion  
competence  
aggression  
insomnia  
journal  
nausea

people pleasing  
perfectionism  
depression  
chest pain  
migraines  
distress  
anxiety  
yoga

blood pressure  
sweaty palms  
flashbacks  
relaxation  
irritable  
eustress  
fatigue