

Name: _____

Date: _____

Stress Management

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

social withdrawal
blood pressure
indigestion
nightmares
relaxation
eustress
control
nausea

rapid breathing
perfectionism
competence
meditation
hair loss
distress
fatigue
yoga

people pleasing
sweaty palms
chest pain
flashbacks
irritable
insomnia
journal

muscle tension
restlessness
aggression
depression
migraines
anxiety
memory