

Name: _____

Date: _____

Stress Management

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

avoidant coping
environmental
hypostress
distress
anxiety

fight or flight
spirituality
hardiness
meditate
coping

social support
resilience
stressors
exercise
immune

physiological
adaptation
emotional
college
stress