

Stress Management

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

Perfectionist

Nervousness

Self Esteem

Over Eating

Impatience

Self Aware

Acceptance

Self Worth

Awareness

Disorders

Self-Harm

Insomnia

Survival

Emotions

Fatigue

Anxiety

Coping

Stress