

Name: _____

Date: _____

Stress and Burnout

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

Loss of motivation
Ask for help
Withdrawn
Exercise
Fatigue
Relax
Sick

Loss of Appetite
Frustration
Isolation
Teamwork
Alcohol
Hobby

Nuture Oneself
Depression
Irritable
Burnout
Stress
Drugs

Poor Immunity
Meditation
Negative
Anxiety
Sleep
Doubt