

Name: _____

Date: _____

Stress and Mental Health

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

psychological stress
negative outcomes
chronic stress
stressors
burnout

psychosocial stress
stress management
acute stress
eustress
anxiety

positive outcomes
physical stress
self-control
distress
stress