

Name: _____

Date: _____

Stress and stress management

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

uninterested
irritable
worrying
tension
sleep

constipated
drinking
anxious
smoking
dizzy

Aggressive
snapping
nervous
crying
eyes

sleepless
suicidal
alcohol
lonely