

Name: _____

Date: _____

Stress

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

visualization
positive
stressor
anxious
tests

relaxation
sweating
animals
stress
panic

breathing
exercise
reading
music
sleep