

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Symptoms of Stress

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

constipation	inattention	disinterest	Unhappiness	body ache
isolating	critical	headache	sleeping	Insomnia
sadness	scared	crying	apathy	eating
nausea	lonely	grumpy	tired	angry
moody	worry	sick	pain	