

Name: _____

Date: _____

Teen Stress

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

Fight or Flight	Stress Response	Adrenal glands	Hypothalamus
Social Life	Depression	Stressors	Overload
Hormones	Anxiety	Sports	School
Stress	Panic	Peers	Work