

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

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

# Teen Stress

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

unable to concentrate

low self confidence

take a chill pill

hopelessness

schoolwork

tiredness

get help

headache

anxiety

sadness

tension

anger