

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

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

# Understanding Stress

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

Resistance Stage

Time Management

Deep Breathing

Depression

Optimism

Exhaustion Stage

Fight Or Flight

Alarm Stage

Resilient

Stressor

Anxiety Disorder

Guided Imagery

Endorphins

Effective

Stress