|  |  |  |
| --- | --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

Managing Stress & Anxiety

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

   Acute       Anxiety       chronic       Coping       Depression       Emotions       Focus       Meditating       Mental health       Parasympathetic       Perception       Performance       Physical       Pressure       Psychological       Stress       Sympathetic       Traumatic       Type A       Type B       Worry