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

Stress

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

    Anxiety       Classmates       Coloring       Deep breaths       Depression       Difficulty sleeping       Drawing       Emotional strain       Family interaction       Fatigue       Friends       Homework       Listening to music       Mental strain       No exercise       No sleep       Overwhelmed       Parents       Positive things       Puzzles       Quality time       Reading       Relationships       School Activities       Skipped meals       Sleep       Strained       Stress       Technology       Teenagers       Television       Tension       Walks       Watch Tv       Word Searches       Work