

Coping With Stress

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

AFFECT	GOOD STRESS	RESPONSE
ANXIETY	HABITS	RESULTS
BAD STRESS	HEADACHE	ROLE
BILLS	HEALTH	SKILLS
CAUSE	IDENTIFY	STOMACH
CHOICES	LEARN	STRATEGIES
COMMUNICATION	MANAGEMENT	STRESS
COPING	MENTAL	STRESSORS
DAILY	NATURE	SYMPTOMS
EFFECTS	PEERS	TENSION
EMOTIONAL	PHYSICAL	THERAPY
ENERGY	PLAYS	TIME
EXERCISE	POSITIVE	TRIGGERS
FIGHT	REACTION	UNDERSTANDING
FLIGHT	RECOVERY	WELLBEING
FRIENDS	RELAX	WORRYING
GOALS	RELIEVING	

This worksheet is suitable for individuals that want something with a difficulty level of Very Difficult.
 You can find the words in the grid by looking Diagonal, Forward, Backward, Up, and Down. Circle them with a pencil or use a marker to highlight the letters. But most of all HAVE FUN!!!



