

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
 ANXIETY
 BAD STRESS
 BILLS
 CAUSE
 CHOICES
 COMMUNICATION
 COPING
 DAILY
 EFFECTS
 EMOTIONAL
 ENERGY
 EXERCISE
 FIGHT
 FLIGHT
 FRIENDS
 GOALS

GOOD STRESS
 HABITS
 HEADACHE
 HEALTH
 IDENTIFY
 LEARN
 MANAGEMENT
 MENTAL
 NATURE
 PEERS
 PHYSICAL
 PLAYS
 POSITIVE
 REACTION
 RECOVERY
 RELAX
 RELIEVING

RESPONSE
 RESULTS
 ROLE
 SKILLS
 STOMACH
 STRATEGIES
 STRESS
 STRESSORS
 SYMPTOMS
 TENSION
 THERAPY
 TIME
 TRIGGERS
 UNDERSTANDING
 WELLBEING
 WORRYING

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!!!



