

Signs and Symptoms of Stress

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

DIFFICULTY BREATHING
INATTENTIVENESS
OVERREACTION
TARDINESS
INSOMNIA

HIGH BLOOD PRESSURE
ACHES AND PAINS
MOOD SWINGS
TREMBLING
FATIGUE

SOCIAL WITHDRAWAL
IRRITABILITY
IMPULSIVITY
HEADACHES
ANXIETY