

Name: _____

Date: _____

Signs of stress

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

difficulty swallowing
stumbling over words
agitated behavior
lightheartedness
muscle tension
chest pains
dizziness

general restlessness
high blood pressure
digestive upsets
grinding teeth
clenched jaw
nervousness
insomnia

increased heart rate
lump in your throat
hyperventilating
lack of energy
sweaty palms
confusion
fatigue