

Name: _____

Date: _____

Stress

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

Heart Aches

Overwhelmed

Short Term

Depression

Counseling

Long Term

Symptoms

Emotions

Effects

Therapy

School

Stress