

Name: \_\_\_\_\_

# Warning Signs of Stress

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

rapid heartbeat  
irritability  
emotional  
insomnia  
jitters

muscle tension  
overeating  
dry mouth  
worries

forgetfulness  
chest pain  
headaches  
fatigue