

Name: _____

Date: _____

Stress Word Search

Everyone experiences stress, but in different ways. Common to most people are two sources of stress; daily stressors, and life events. Here are some words associated with stress.

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

Search for these words:

Anxious

Diarrhea

Dread

Fatigue

Feeling Restless

Hassle

Intensity

Restlessness

Stomachaches

Tautness

Back Pain

Difficulty Sleeping

Eating Little

Fearfulness

Forgetful

Headaches

Nervous

Shaking or trembling

Stressful

Tension

Blood Pressure

Disorganized

Eating too much

Feeling Irritable

Hardship

Indigestion

Pressure

Sleeping too much

Symptoms

Worried