

Signs, Symptoms & Causes of Stress

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

increased heart rate
muscle tension
increased bp
assignments
family
exams

feeling overwhelmed
short temper
unmotivated
headaches
health
money

negative thoughts
relationship
mood swings
insomnia
worry
work