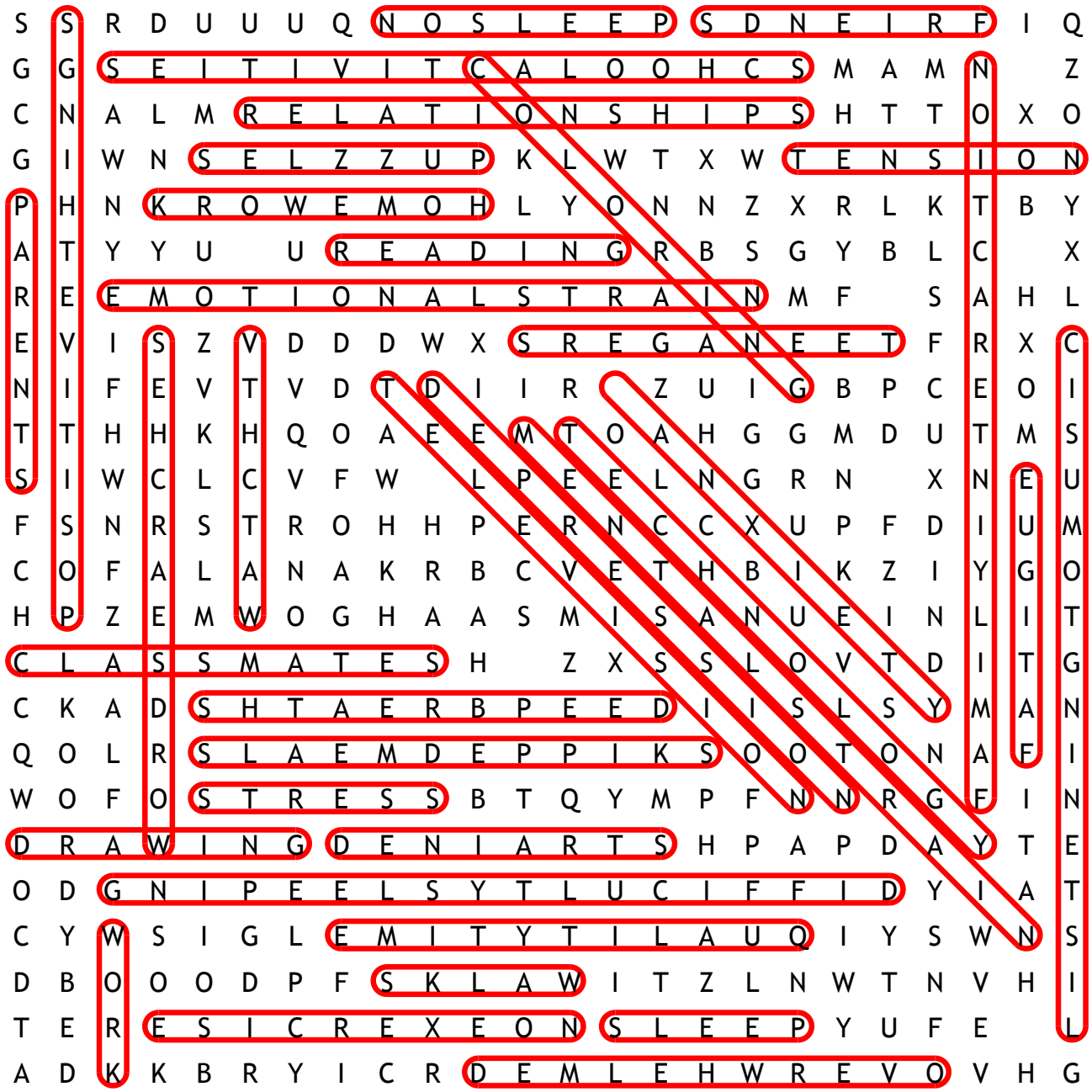
Name: _____ Date: _____

Stress



Difficulty sleeping
Positive things
Deep breaths
Depression
Coloring
Drawing
Reading
Work
Family interaction
Mental strain
Quality time
Technology
Homework
Fatigue
Tension
Listening to music
Relationships
No exercise
Television
No sleep
Friends
Stress
School Activities
Skipped meals
Overwhelmed
Teenagers
Strained
Parents
Sleep
Emotional strain
Word Searches
Classmates
Anxiety
Watch Tv
Puzzles
Walks