

Name: _____

Date: _____

Stress and Mental Health

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

selfrespect
isolation
distress
release
relax
diet

counsellor
negative
solitude
fatigue
alone
fear

assistance
listener
sadness
anxious
anger

depression
sickness
healthy
afraid
quiet

desperate
helpline
disease
stress
calm