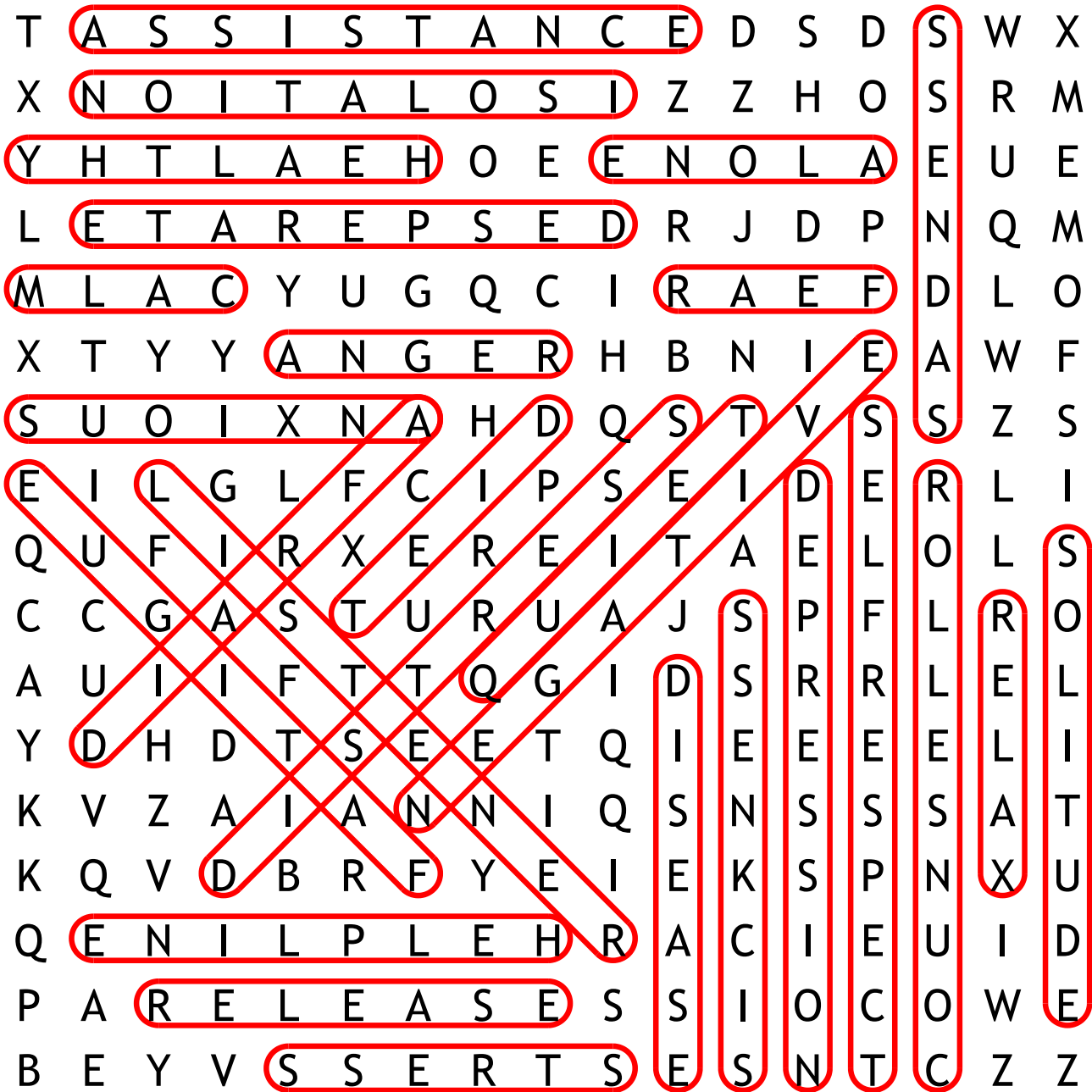


Name: _____

Date: _____

Stress and Mental Health



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