

# Workplace Stress



On-the-job stress is the topic of this word search. Think of how stress affects you and how you cope with it while you are finding the words.

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

STRESS  
HEART  
NERVES  
ADRENALINE  
FIGHT  
FLIGHT  
RAPID  
DIGESTIVE  
FOCUS  
FEAR  
PANIC  
ANXIETY

PLAN  
ORGANIZE  
SLEEPLESS  
TIRED  
DELEGATE  
RELAX  
EXERCISE  
MEDITATE  
DIET  
CAFFEINE  
NUTRITION  
NICOTINE

ALCOHOL  
DRUGS  
WALK  
FITNESS  
SWIM  
HOBBY