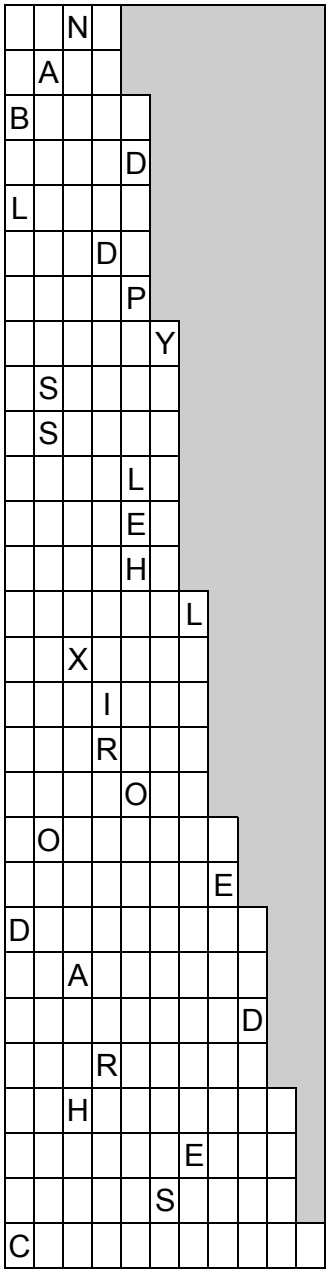
SIGNS OF STRESS!

In some people skin problems like __ can become a problem
Chest __ is never a good sign
The urge to __ while eating or shopping happens to some people
High __ pressure is common in people who feel stressed
The urge to __ or cry at the wrong time can be symptom of stress
Someone who is __ is also said to be sullen or brooding
Nighttime __ might be disturbed or too many naps may be needed
__ is a lack of enthusiasm or absence of emotion
Stress can cause shortness of breath, not unlike __
The need to __ or run away is one way of trying to cope
__ pain or tension means you need to relax
You might be more likely to lose your __ if you are feeling stressed
You might gain or lose __
Increased intake of __ or drugs can be a way of dealing with stress
__ is a feeling of dread or apprehension
Excessive yawning or the desire to nap are signs of __
Good events like getting __ or getting a promotion can cause stress
Nail biting, pacing, and hair twirling are some __ habits
Someone who is stressed might become easily __ by directions
Stressed people tend to see only the __ side of things
Too much stress can lead to __ problems like heartburn or ulcers
Frequent __ can be a physical sign of stress
Being "on edge" means you are easily __
Stress can cause people to __ to unexpected problems
Stress causes emotional & physical symptoms as well as __ ones
Lack of __ in ones' abilities or decisions can be a symptom
A sad feeling of gloom or inadequacy
It can be hard to __ on what is right in front of you



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

Enter unused letters from puzzle, in order:

☐ __ ☐ ☐ __ ☐ ☐ __ ☐ __ ☐ __

☐ ☐ ☐ __ __ ☐ __ ☐ ☐ __ __ ☐

__ ☐ ☐ __ ☐ __ __ ☐ __ __ ☐

Copy boxed letters to form your hidden message:

Solve Hundreds of Clue Search Puzzles
Covering All Kinds of Topics for FREE!
No Membership or Email Required!
Visit us at www.ClueSearchPuzzles.com

©2007 Clue Search Puzzles™ All Registered Trademarks are the properties of their respective owners. Visit us at www.ClueSearchPuzzles.com