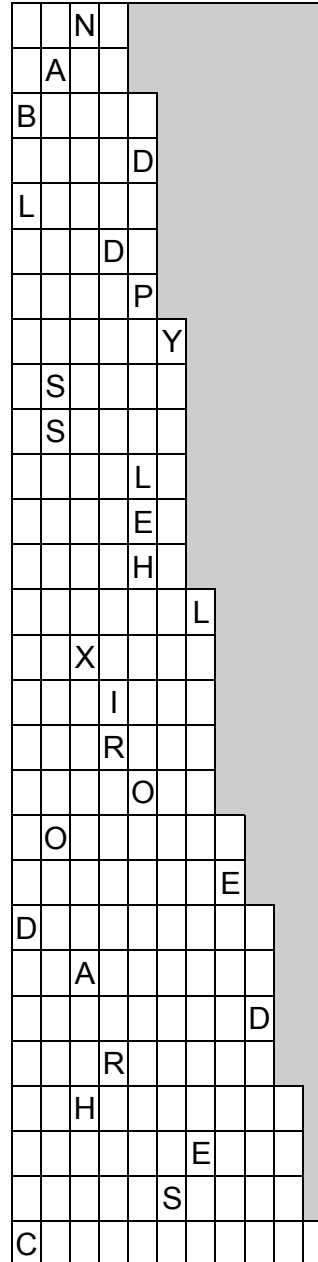


SIGNS OF STRESS!



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



Enter unused letters from puzzle, in order:

Copy boxed letters to form your hidden message:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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