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

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