

# Know Your Limits at Work Word Search



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

**Words:** Stress, Limits, Safety Now, Excessive, Prolonged, Burnout, Anxiety, Depressio, Physical, Mental, Social, Chronological, Breaks, Variety, Rest, Maintenance, Dangerous, Comfort Zone.