

Name: _____

Date: _____

Anxiety/Stress

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

anticipation
nervousness
discomfort
tension
grief

apprehension
anxiousness
concerns
unrest
dread

frustration
turbulence
distress
stress
pain

uncertainty
insecurity
turmoil
unease
fear