

Anxiety, Change and Resilience

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

powerful thoughts
confidence
amygdala
breathe
unsure

self confidence
encourage
attitude
hopeful
change

overwhelmed
powerless
warrior
worried
brave