

Name: _____

Anxiety and Depression

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

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|--------------|--------------|-------------|-------------|------------|
| hopelessness | apprehension | unhappiness | nervousness | despondent |
| distressed | medication | journaling | relaxation | spiritual |
| exercise | triggers | support | therapy | talking |
| breathe | tension | concern | bummed | misery |
| gloomy | stress | bleak | angst | worry |
| safe | sad | | | |