

Name: _____

Date: _____

Anxious Andy

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

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|-------------------|-------------------|------------------|-----------------|
| Hyper Ventilation | Positive Attitude | Rapid Heart Beat | Rapid Breathing |
| Lack of Oxygen | Balanced Diet | Alcohol Use | Major Event |
| Medications | Mind Racing | Dizziness | Trembling |
| Drug Use | Exercise | Genetics | Get Help |
| Restless | Weakness | Nausea | Stress |
| Trauma | Sleep | | |