

Name: _____

Date: _____

Anxious Search

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

Sleeplessness
Journaling
Restless
Fearful
Anxiety
Trust

Irritability
Meditation
Troubled
Nervous
Family
Music

Relaxation
Uneasiness
Triggers
Therapy
Trauma
Doubt

Positivity
Concerned
Fatigue
Anxious
Afraid
Fear