

Name: _____

Date: _____

Depression

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

thoughts of death
peer pressure
weight gain
isolation
boredom
losses
sports

negative thinking
worthlessness
mood change
insomnia
tearful
trauma
guilt

sleep difficulty
helplessness
depression
hormones
fatigue
family

personal life
weight loss
irritable
genetic
sadness
school