

Name: _____

Date: _____

Just Dance Your Anxiety Away

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

- increased heart rate
- uncontrollable worry
- poor concentration
- mindful eating
- muscle tension
- sleep problems
- box breathing
- upset stomach
- nervousness
- medication
- meditation
- body scan
- therapy