

# Productive Worry

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

understanding  
to do list  
solutions  
breathe  
action  
calm

unproductive  
acceptance  
awareness  
control  
panic

good stress  
perfection  
positive  
anxiety  
relax

mindfulness  
Productive  
negative  
coping  
fear