

Name: _____

Date: _____

anxiety

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

poor concentration
distressed
fidgety
uneasy
Stress
pain

trouble sleeping
concerned
nervous
nausea
tense

rapid breathing
restless
afraid
pacing
tired