

# Anxiety

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

pacing	benzodiazepines	ssri	pharmacological	counselling
exercise	discomfort	irritability	panic	severe
moderate	mild	insomnia	celexa	cipralex
zoloft	prozac	clonazepam	valium	diazepam
ativan	lorazepam	tension	antianxiety	antidepressants
anxiety				