

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Anxiety

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

constant body tension  
always worried  
less stress  
uneasiness  
anxiety  
panic

anxiety disorder  
support system  
nervousness  
exercise  
pains  
dread

lots of stress  
deep breathing  
medication  
therapy  
aches  
fear