

Name: _____

Date: _____

Depression

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

Lack of motivation

Suicidal Thoughts

Lack of Exercise

Low Self Esteem

Worthlessness

Undereating

Overeating

Sleepiness

Depression

Emotional

Isolation

Agitation

Unhappy

Tearful

Anxiety

Stress

Anger

Mania

Fear

Sad