

Some of the experiences people face with anxiety and depression

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

Loss of confidence	Suicidal thoughts	Pounding heart	Hopelessness
Restlessness	Desperation	Frustration	Antisocial
Dizziness	Migraines	Paranoid	Tearful
Fearful	Despair	Nausea	Afraid
Guilt	Tense	Panic	Dread