

Name: _____

Date: _____

Symptom Management

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

low self esteem	racing thoughts	concentration	schizophrenia	substance use
sleeplessness	hallucination	irritability	mood changes	rapid speech
warning sign	medication	depression	confusion	isolation
euphoria	suicidal	delusion	therapy	anxiety
trigger	stress	panic	mania	tired
anger	shame	guilt	worry	numb