

Name: _____

Date: _____

Understanding Anxiety

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

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|-----------------|----------------|----------------|----------------|
| LISTEN TO MUSIC | DEEP BREATHING | LOTS OF STRESS | SUPPORT SYSTEM |
| BODY TENSION | CUDDLE A PET | LESS STRESS | NERVOUSNESS |
| COUNSELING | EXHAUSTION | UNEASINESS | EXERCISE |
| ANXIETY | ANXIOUS | CONCERN | JITTERS |
| JOURNAL | WORRIES | ACHES | DREAD |
| FEAR | | | |