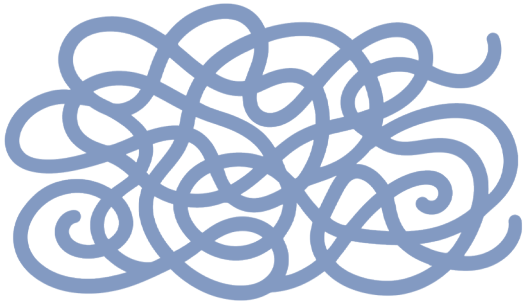
Name: _____ Date: _____

Anxiety Word Search

Find all of the words hidden in the grid.
They may go in any direction.



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

ANXIETY
BREATHE
COPING
FEAR
MEDITATION
MINDFULNESS
NERVOUSNESS
OVERTHINKING
PANIC
RELAXATION
STRESS
SUPPORT
TENSION
THERAPY
WORRY

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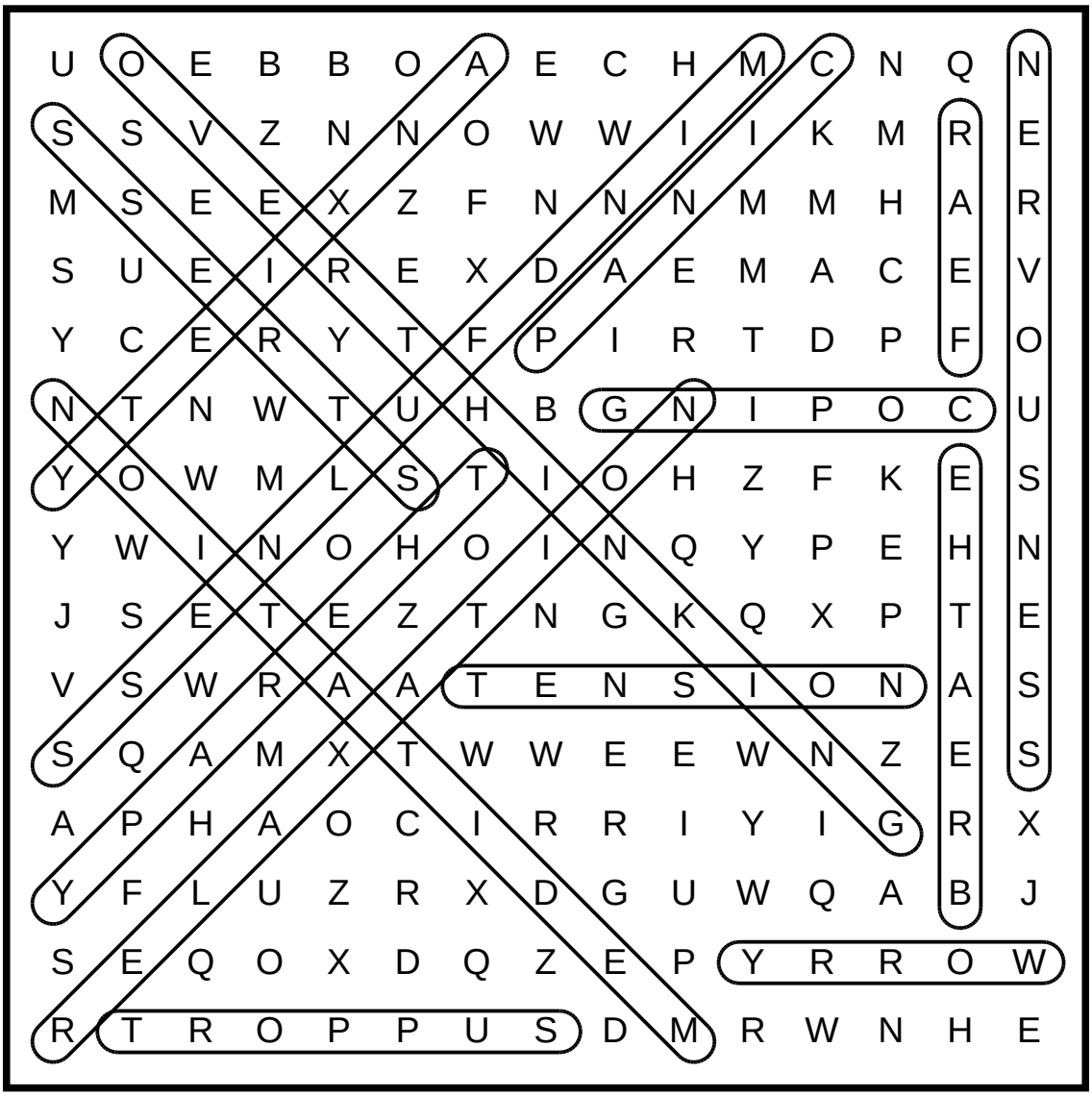
Answer Key for
Anxiety Word Search



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