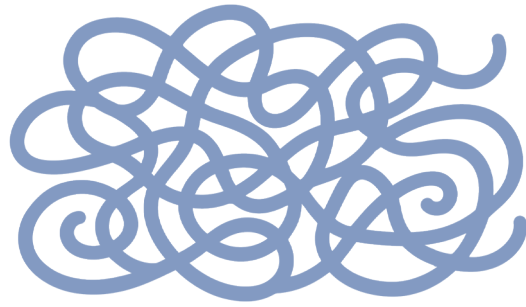


Name: _____

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

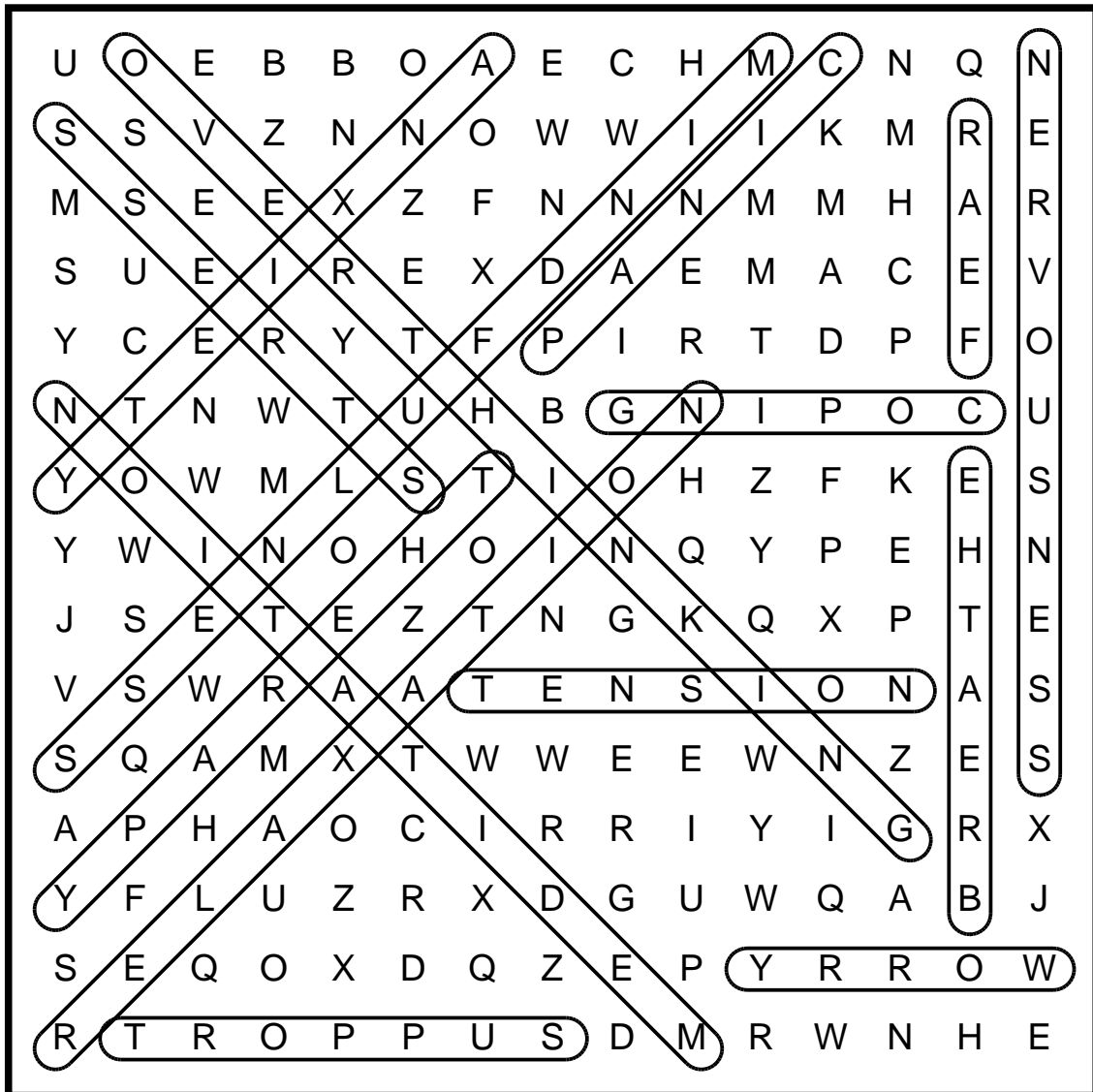
Support

Tension

Therapy

Worry

Answer Key for Anxiety Word Search



Anxiety

Breathe

Coping

Fear

Meditation

Mindfulness

Nervousness

Overthinking

Panic

Relaxation

Stress

Support

Tension

Therapy

Worry