|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Anxiety Disorder

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

   Anxiety        dietary changes        Disorders       Lifestyle changes       Medication        Mental health       nervousness       Panic disorder        Post traumatic stress       Psychotherapy        Simple phobia       Social phobia        Stress       Unease       Worry