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

Symptoms of Depression and Anxiety

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

   Fast Heart Beat       Poor Self-Esteem       Crying       Irritable       Gloomy       Pessimistic       Sleep Problems       Poor Appetite       Sad       Unhappy       Miserable       Scared       Tense       Edgy       Fearful       Fretful       Restless       Apprehension       Worry       Nervous