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

Symptoms of Depression and Anxiety

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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