

Anxiety

A	R	M	E	T	C	N	S	T	A	O	S	C	Y
R	T	I	E	S	O	N	I	T	H	T	H	Y	T
N	S	E	P	N	T	S	I	E	Z	T	O	O	I
N	I	D	I	I	S	N	Y	T	E	S	R	H	L
O	E	M	N	P	S	O	R	H	H	S	T	D	I
I	I	A	S	N	T	I	E	S	C	L	B	S	B
S	I	S	A	I	L	T	T	S	A	G	R	H	A
N	I	I	N	N	Z	A	I	E	H	N	E	E	T
E	A	L	D	S	N	T	I	N	C	I	A	A	I
T	D	E	N	O	S	I	T	I	A	K	T	D	R
E	I	T	E	M	I	P	H	Z	M	A	H	A	R
I	Y	O	E	N	B	L	A	Z	O	H	O	C	I
N	S	M	D	I	A	A	E	I	T	S	R	H	T
H	I	I	S	A	E	P	R	D	S	L	Z	E	P

INSOMNIA
 STOMACH ACHE
 SHAKING
 PINS AND NEEDS
 IRRITABILITY
 TENSION
 PALPITATIONS
 SHORT BREATH
 HEADACHE
 DIZZINESS

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A	R	M	E	T	C	N	S	T	A	O	S	C	Y
R	T	I	E	S	O	N	I	T	H	T	H	Y	T
N	S	E	P	N	T	S	I	E	Z	T	O	O	I
N	I	D	I	I	S	N	Y	T	E	S	R	H	L
O	E	M	N	P	S	O	R	H	H	S	T	D	I
I	I	A	S	N	T	I	E	S	C	L	B	S	B
S	I	S	A	I	L	T	T	S	A	G	R	H	A
N	I	I	N	N	Z	A	I	E	H	N	E	E	T
E	A	L	D	S	N	T	I	N	C	I	A	A	I
T	D	E	N	O	S	I	T	I	A	K	T	D	R
E	I	T	E	M	I	P	H	Z	M	A	H	A	R
I	Y	O	E	N	B	L	A	Z	O	H	O	C	I
N	S	M	D	I	A	A	E	I	T	S	R	H	T
H	I	I	S	A	E	P	R	D	S	L	Z	E	P