



Name \_\_\_\_\_

### Mental Strain Word Search

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

Overthinking  
 Forgetfulness  
 Confusion  
 Indecision  
 Insecurity

Racing  
 Thoughts  
 Impatience  
 Distraction  
 Judgment

Doubt  
 Imbalance  
 Negativity  
 Pessimism  
 Hopeless

