



HOSPICE
RED RIVER VALLEY

Anxiety

It's common to feel anxious, unsettled or nervous when you have a serious illness. These are normal reactions when things feel out of your control and can signal physical, emotional or spiritual distress. For some these feelings will be mild. For others, the feelings may be severe and result in behavior changes. If you can determine the cause of your anxiety, it will help lead to a solution. Anxiety can and should be treated if it affects quality of life.

What does anxiety look or feel like?

- Insomnia, difficulty resting or falling asleep
- Muscle tension
- Trouble concentrating
- Irritability
- Exhaustion
- Rapid breathing
- Nausea
- Sweating
- Chest pain
- Worrying about what can or will happen
- Extreme nervousness
- Feelings of fear, dread and apprehension

If you don't know why you feel this way, start by talking with a trusted friend, family member or a health care professional.

Word Search

Ice Cream Flavors

Directions: Find the words hidden in the puzzle. Words are hidden across, down and diagonally.

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

Word Bank

cotton candy
maple walnut
pecan
banana
tiger tail

moose tracks
coconut
rocky road
green tea
fudge

reeses
chocolate
vanilla