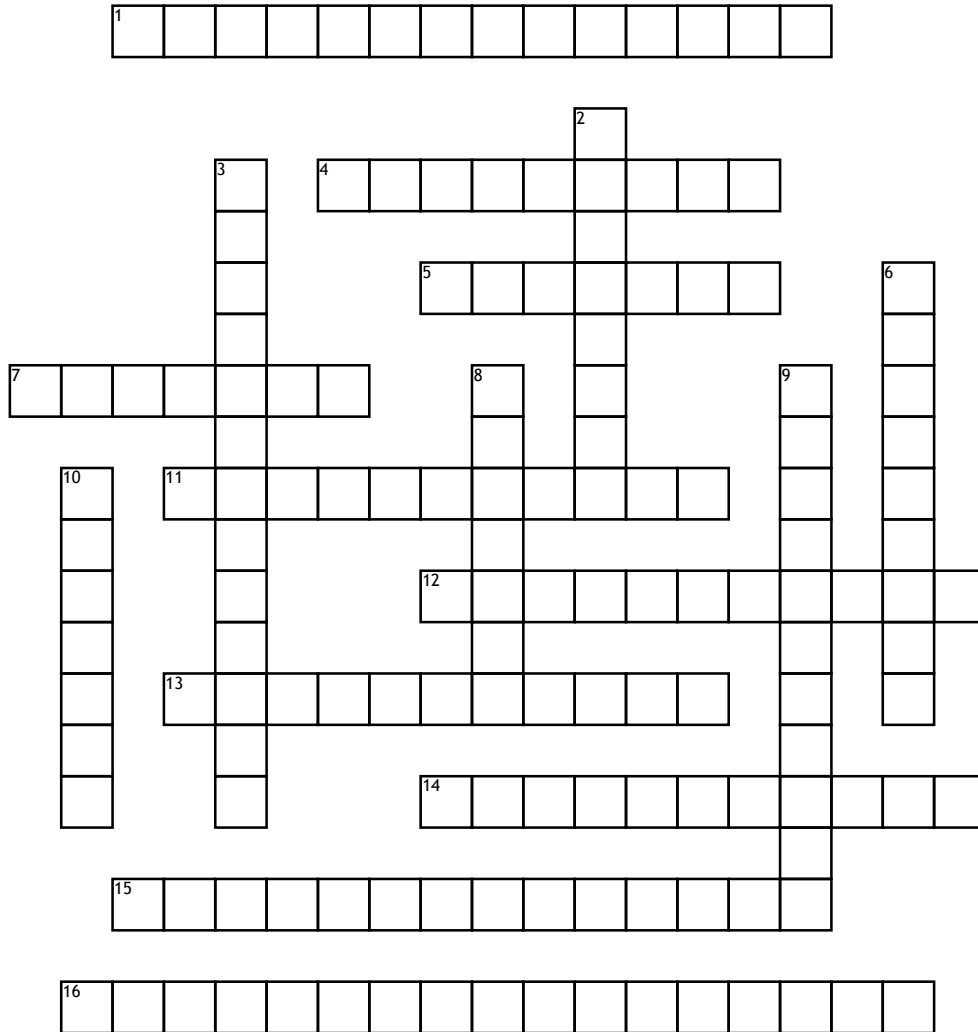


Name: _____

Date: _____

Social Anxiety Disorder



Across

- 1. used to alleviate or used as a treatment
- 4. _____ by almost everything, especially going out alone
- 5. Left _____ and uncomfortable
- 7. Treatment intended to relieve and heal
- 11. Cause of panic disorder
- 12. The worry of being in a embarrassing or humiliating situation

- 13. One of the solutions to help cope with anxiety
- 14. Caused by fear, anxiety, stress or irregular activities
- 15. Low magnesium levels, muscle fatigue, or medication side effects
- 16. Feeling outside of yourself

Down

- 2. Taken for it's calming or sleep-inducing effect
- 3. Fear of situations which they can be observed, evaluated, or embarrassed

- 6. Commonly affecting hands, legs, face, or vocal cords
- 8. Low energy and a strong desire to sleep that interferes with day-to-day activities
- 9. Intense, excessive, and persistent worry or fear about everyday situations
- 10. Apprehension, dread or uneasiness similar to fear but based on an unclear threat

Word Bank

- | | | | |
|----------------|--------------|-----------------|-------------------|
| Agoraphobia | triggered | Trembling | Depersonalization |
| major stress | Deep Breaths | fatigue | Social Anxiety |
| racing heart | nervousness | muscle twitches | Therapy |
| Antidepressant | sedative | unhappy | anxiety |