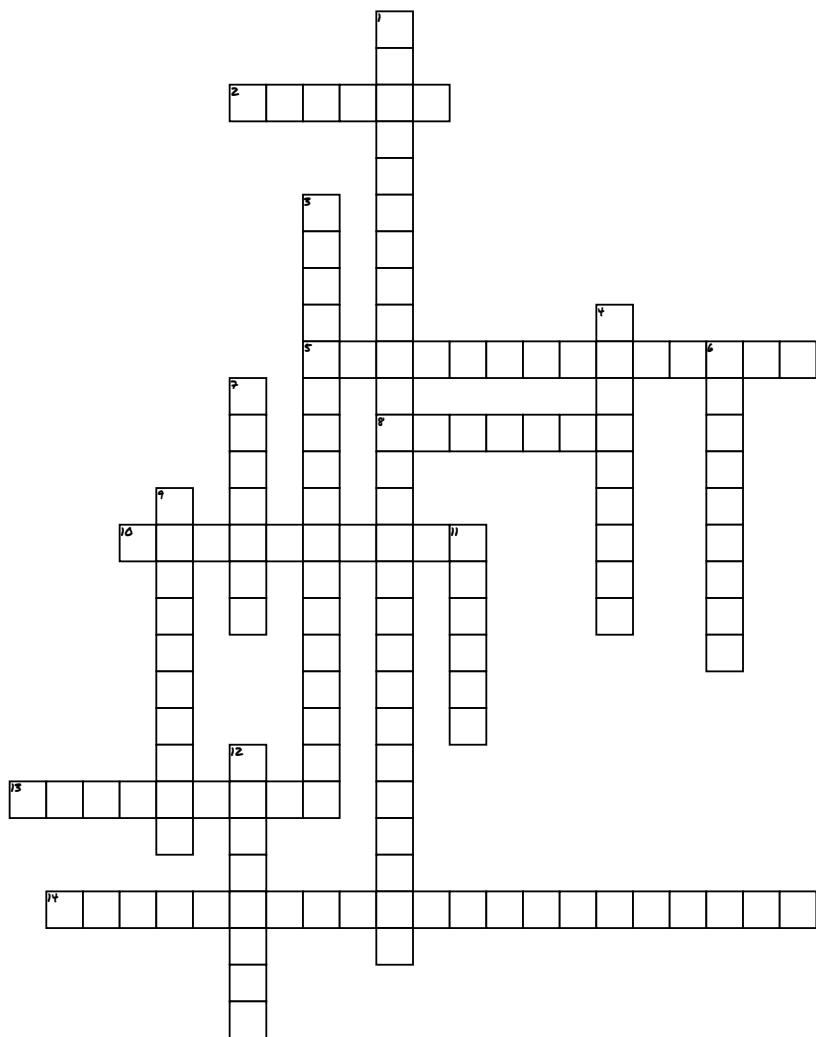


Name: _____

Date: _____

FOODS THAT REDUCE ANXIETY



ACROSS

2. EATING FRUITS, VEGETABLE AND ----- IS RECOMMENDED WHEN YOU HAVE ANXIETY
5. ACID IN SALMON
8. VITAMIN E IS ONLY FOUND IN FOODS WITH FAT HIGH CONTENT LIKE?
10. MENTAL ILLNESS SIMILAR TO ANXIETY

13. ANTIOXIDANT FOUND IN DAY CHOCOLATE

14. CAUSE OF ANXIETY

DOWN

1. WHAT IS GAD
3. EPA AND DHA HELP REGULATE?
4. VITAMIN B6 HELPS THE BODY MAKE NEUROTRANSMITTERS AND ?
11. "B" VITAMIN INCLUDE THIAMIN, RIBOFLAVIN AND ?
12. HORMONE LINKED TO STRESS AND ANXIETY

6. A POPULAR HERB USED TO REDUCE ANXIETY

7. A SPICE THAT CONTAINS CUR-CUMIN

9. ANXIETY CAN BE TREATED WITH?

11. "B" VITAMIN INCLUDE THIAMIN, RIBOFLAVIN AND ?

12. HORMONE LINKED TO STRESS AND ANXIETY

WORD BANK

NIACIN
DEPRESSION
SEROTONIN
GENETIC PREDISPOSITION
NEUROTRANSMITTERS

CHAMOMILE
OMEGA THREE ACID
GRAINS
MEDICATION
AVOCADO

TUMERIC
CORTISOL
GENERALIZED ANXIETY DISORDER
FLAVONOLS