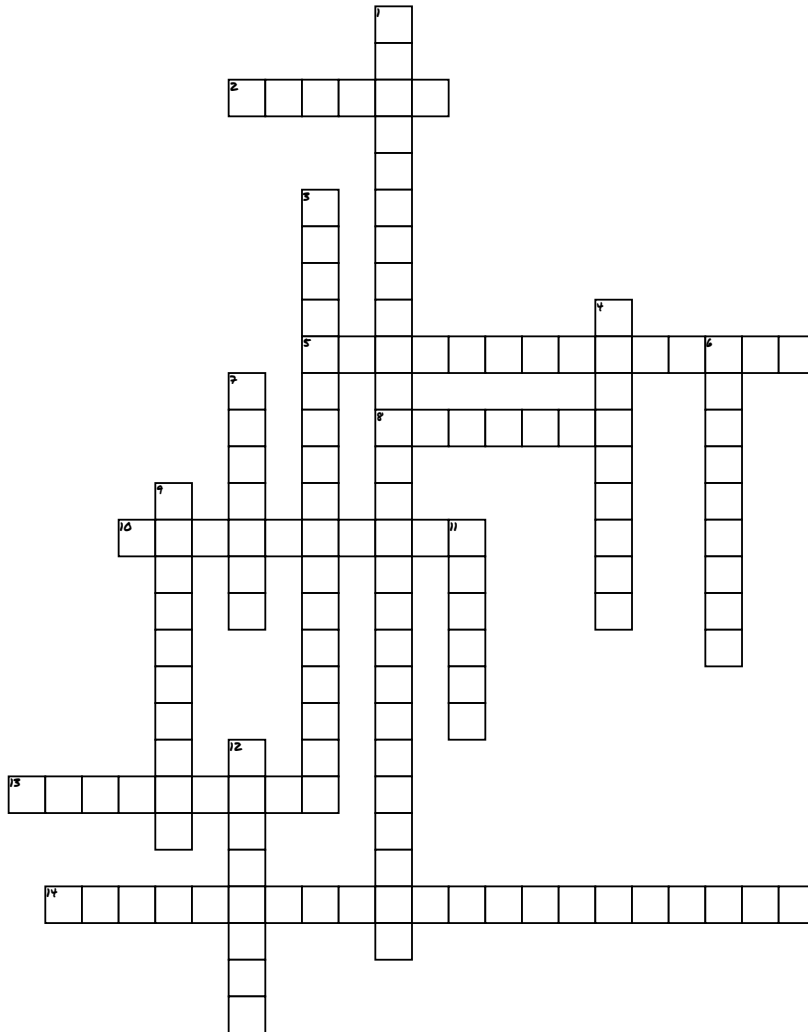


Name: \_\_\_\_\_

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 ?

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

FLAVONOIDS