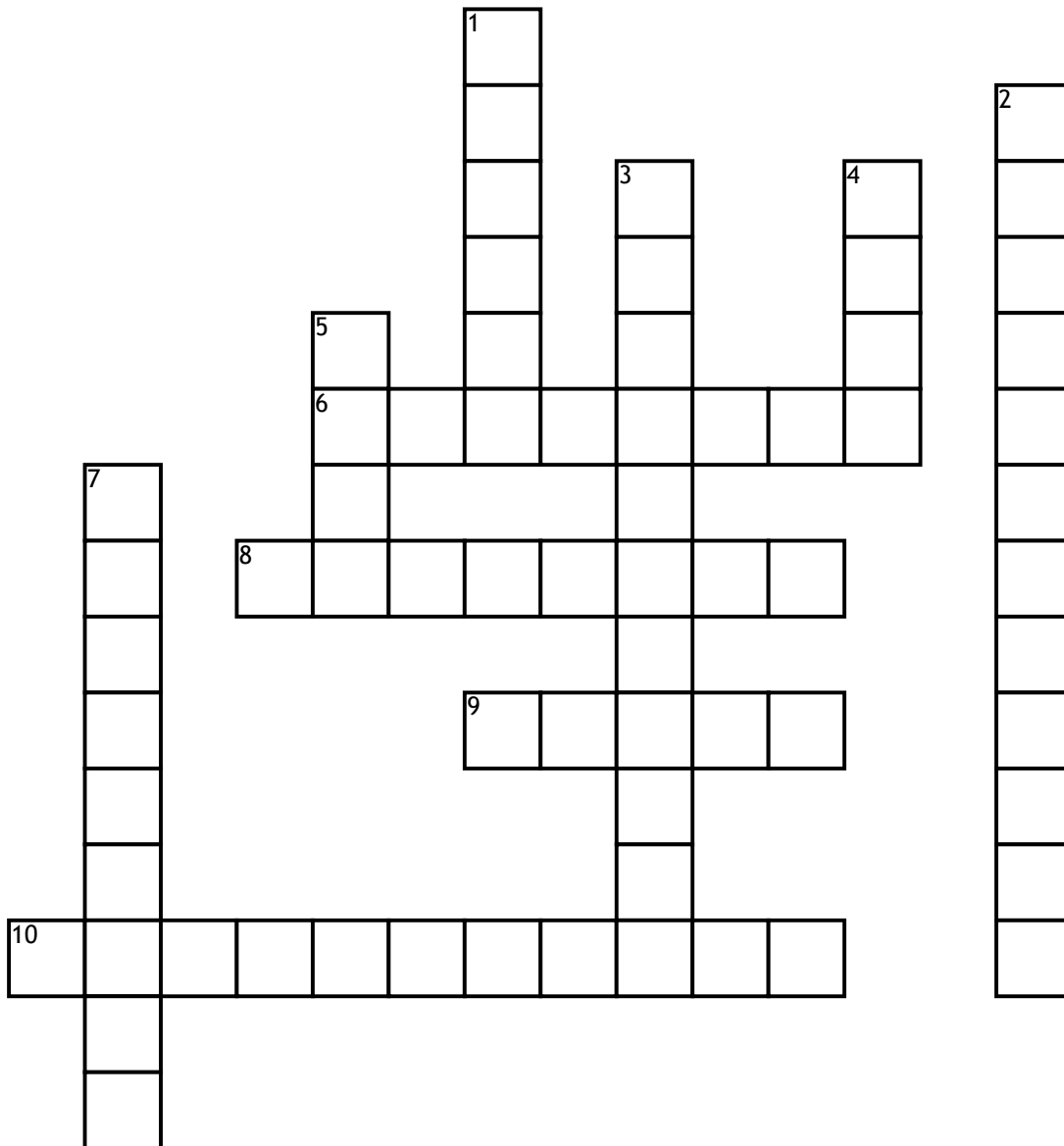


Name: _____

Date: _____

Anxiety



Across

6. What is a symptom of anxiety?

Hint: you're tired!

8. What physical symptom can anxiety cause?

9. Anxiety can cause a pounding:

10. What can help you stay present in the moment?

Down

1. What can be harmful to your body?

2. What is the term used for using oils to help with anxiety?

3. What is another symptom of anxiety?

4. What gentle exercise can help relieve stress?

5. Anxiety can keep you from enjoying your

7. One way to help anxiety is to do focused deep: