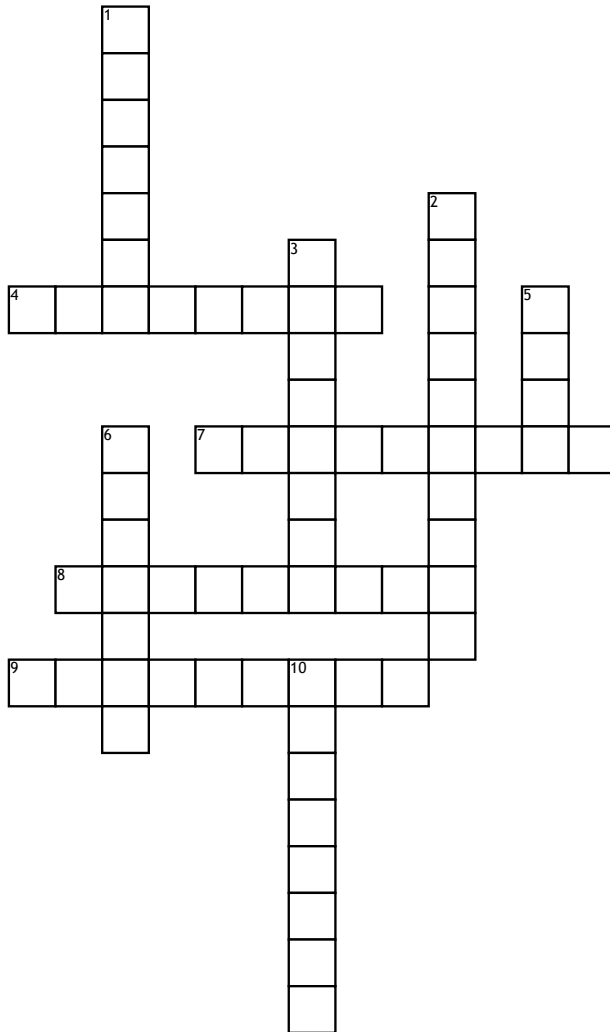


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Anxiety



## Across

4. There are both mental and \_\_\_\_\_ effects of anxiety

7. The two most common medications for anxiety are anti-depressants and \_\_\_\_\_

8. It becomes a disorder when it lasts for longer than \_\_\_\_\_

9. These medications balance brain \_\_\_\_\_

## Down

1. Another popular option for anxiety is \_\_\_\_\_

2. Anxiety is a feeling of fear, dread, and \_\_\_\_\_

3. People with anxiety cannot \_\_\_\_\_ as quickly as those without it

5. There is no \_\_\_\_\_ only things to help cope

6. Due to the physical effects, people with anxiety are very \_\_\_\_\_

10. Even if it does not seem like it, something always \_\_\_\_\_ your anxiety

## Word Bank

PHYSICAL

SEDATIVES

CURE

SIX MONTHS

CALM DOWN

THERAPY

TRIGGERS

UNEASINESS

CHEMISTRY

DRAINED