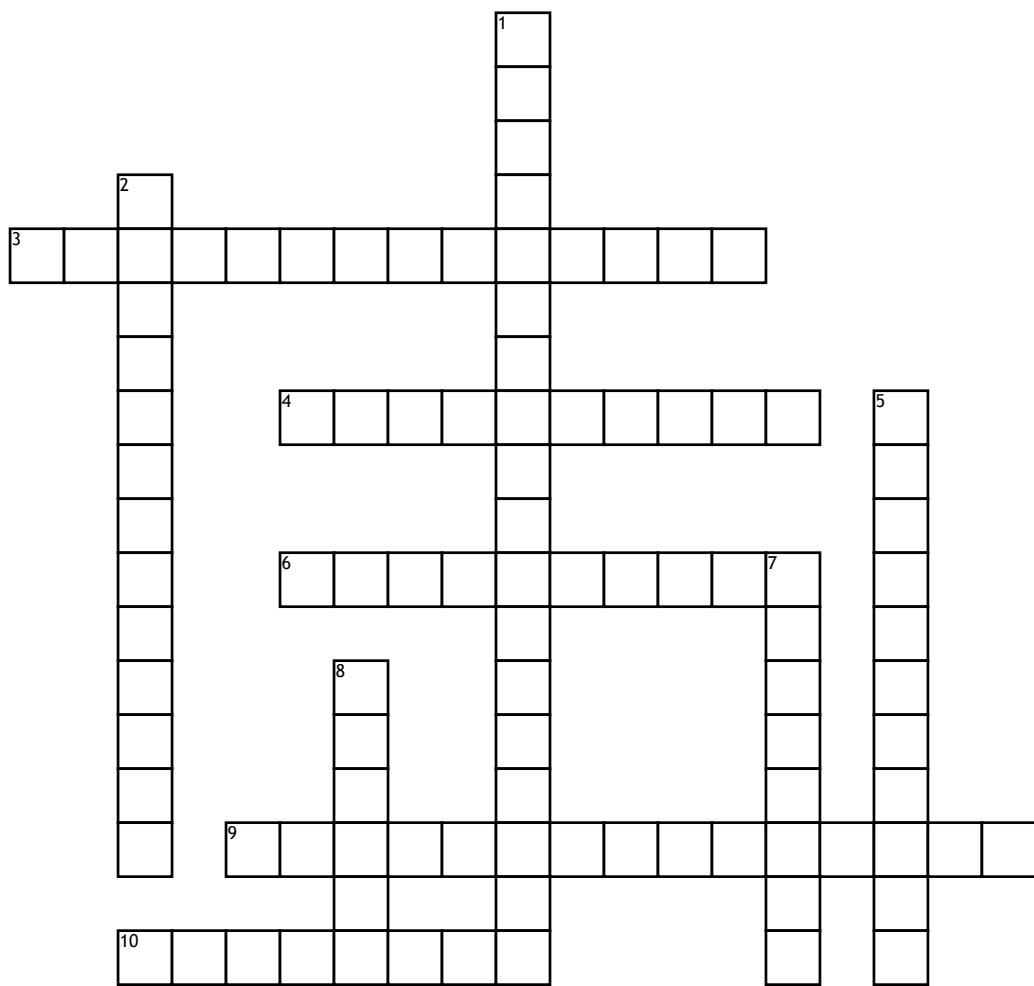


Name: _____

Date: _____

Anxiety Symptoms



Across

3. What is it called when you try not to be around people? (2 words)
4. What is it called when you consume more food than you need?
6. What is one of your bodies reflexes when it is cold?
9. What is it called when your attention is easily diverted to something else?
10. What can overactivity of structures (such as blood vessels) in the head cause?

Down

1. What is it also known as when your heart beats faster? (3 words)
2. What is it called when you don't value yourself very high? (3 words)
5. What is it called when you consume less food than you need?
7. What is perspiration also known as?
8. What is the feeling of sickness officially known as?

Word Bank

undereating

Overeating

increased heart rate

goosebumps

low self esteem

sweating

distractibility

headache

Avoiding people

Nausea