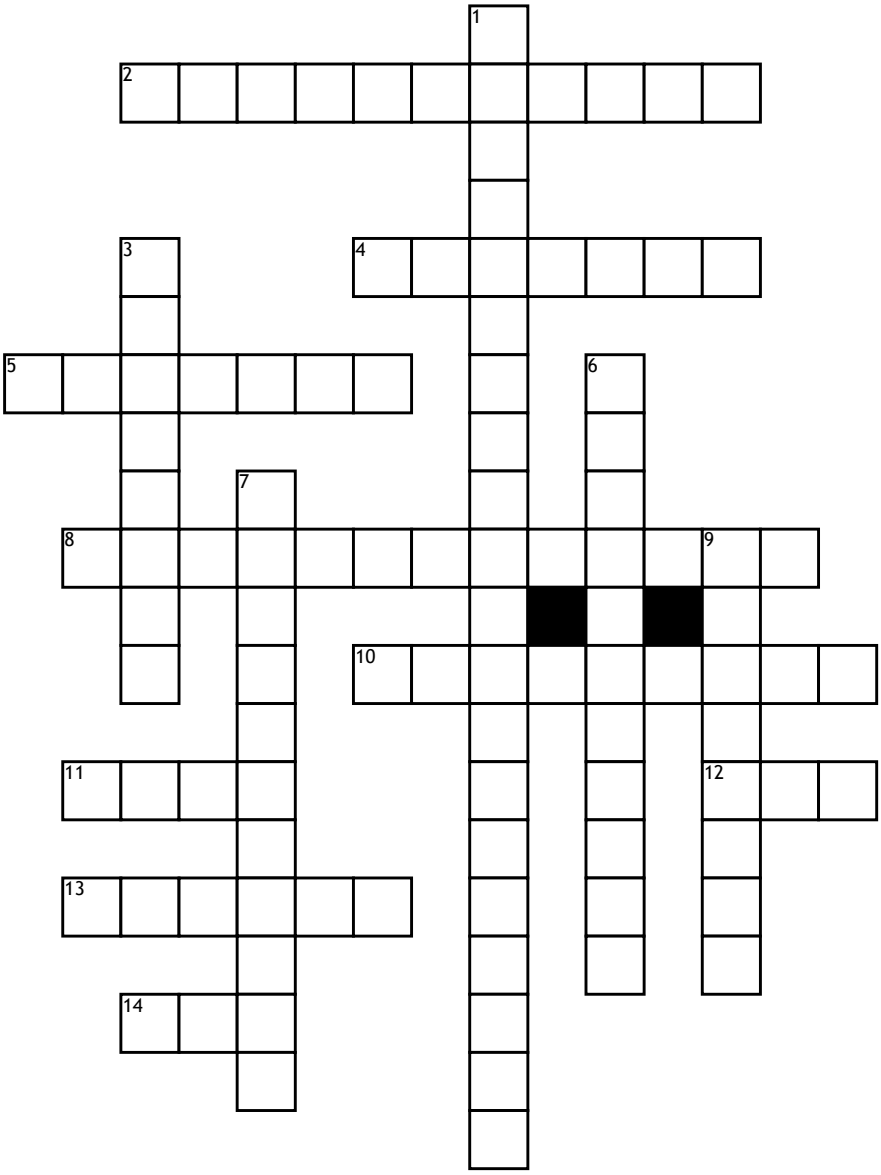
Name: _____ Date: _____

Anxiety



Across

2. type of personality most inclined to suffer from anxiety

4. disorder characterized by excessive and or unrealistic worrying about two or more aspects in life

5. which gender is at a higher risk to anxiety ?

8. when someone fear social interactions

10. A person skilled in a particular kind of therapy

11. what sport does our case study play

12. Most common type of anxiety (acronym)

13. leading cause of anxiety

14. Acronym fro cognitive behaviour therapy

Down

1. Mediation, yoga, deep breathing exercise are examples of what?

3. increased heart rate, dry mouth, dizziness

6. Pounding, rapidly beating heart are signs of what?

7. drowsiness, dizziness and weight gain

9. something that causes panic attacks and or anxiety episodes

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