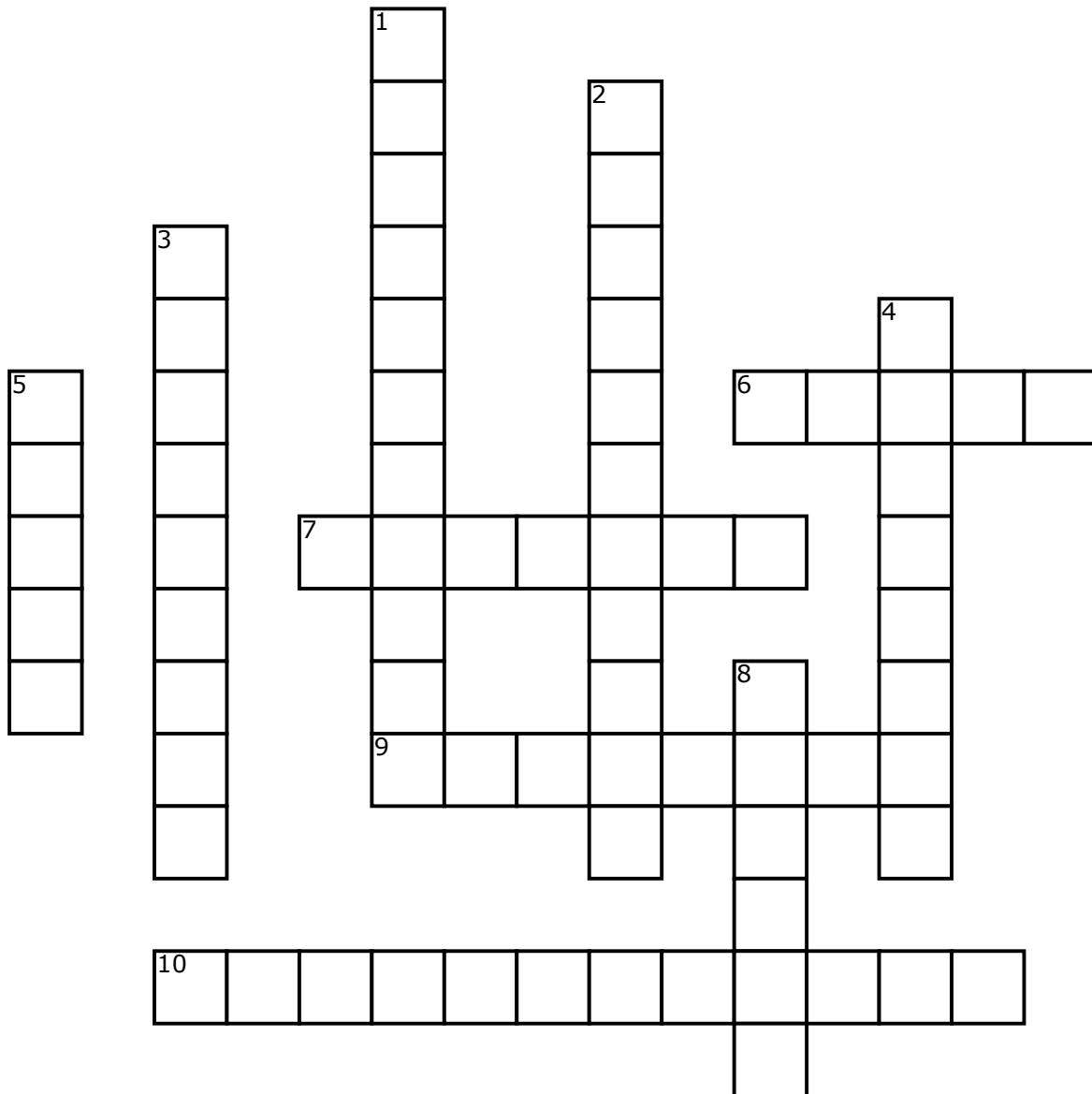


Let's Define Anxiety



Across

- 6. Anxiety often makes individuals think they are having a heart attack or have a fear of _____.
- 7. The goal to treat Separation Anxiety in children and youth, is to reduce the _____ its self, and create sense of safety and security for them.
- 9. . Doctors do a physical and psychological evaluations find causes for the _____ of anxiety
- 10. When dealing with anxiety, _____, are usually very intense, overwhelming and uncontrollable.

Down

- 1. Anxiety is a normal part of life, everyone experiences what? Once in their life time.
- 2. Anxiety disorders are often treated with psychotherapy know as _____, medication, or sometimes both.
- 3. Anxiety disorders can be a very _____ patterns of behaviour that often cause difficulties in a persons daily functioning
- 4. Physicians and psychiatrists are the ones who can _____ someone that is having an anxiety disorder.
- 5. People who struggle with anxiety always think that the _____ will happen
- 8. Many individuals who struggle with _____ anxiety will avoid any new job opportunities that requires interaction with meeting new people.