# Anxiety Disorder

<table>
<thead>
<tr>
<th>Anxiety Disorder</th>
<th>dietary changes</th>
<th>Disorders</th>
<th>Lifestyle changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety Medication</td>
<td>dietary changes</td>
<td>Disorders</td>
<td>Lifestyle changes</td>
</tr>
<tr>
<td>Social phobia</td>
<td>Mental health</td>
<td>nervousness</td>
<td>Panic disorder</td>
</tr>
<tr>
<td>Social phobia</td>
<td>Psychotherapy</td>
<td>Simple phobia</td>
<td>Social phobia</td>
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<tr>
<td>Simple phobia</td>
<td>Worry</td>
<td>Social phobia</td>
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</tbody>
</table>

Anxiety Disorder

Anxiety disorder is a mental health disorder characterized by symptoms of anxiety, such as fear, worry, and unease.

- **Anxiety**
- **Medication**
- **Post traumatic stress**
- **Stress**

**Disorders**

- Social phobia
- Panic disorder

**Lifestyle changes**

- Dietary changes
- Mental health
- Psychotherapy

**Other terms**

- Unease
- Worry

**Key terms**

- Post traumatic stress
- Anxiety
- Social phobia
- Panic disorder
- Dietary changes
- Mental health
- Psychotherapy

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**Name:** ____________________________  **Date:** ____________________________