Social Anxiety Disorder

Across
1. used to alleviate or used as a treatment
4. ________ by almost everything, especially going out alone
5. Left_____ and uncomfortable
7. Treatment intended to relieve and heal
11. Cause of panic disorder
12. The worry of being in a embarrassing or humiliating situation
13. One of the solutions to help cope with anxiety
14. Caused by fear, anxiety, stress or irregular activities
15. Low magnesium levels, muscle fatigue, or medication side effects
16. Feeling outside of yourself

Down
2. Taken for it's calming or sleep-inducing effect
3. Fear of situations which they can be observed, evaluated, or embarrassed
6. Commonly affecting hands, legs, face, or vocal cords
8. Low energy and a strong desire to sleep that interferes with day-to-day activities
9. Intense, excessive, and persistent worry or fear about everyday situations
10. Apprehension, dread or uneasiness similar to fear but based on an unclear threat

Word Bank
Depersonalization  racing heart  sedative  Social Anxiety
Agoraphobia  Trembling  muscle twitches  nervousness
major stress  triggered  Deep Breaths  Antidepressant
anxiety  Therapy  unhappy  fatigue