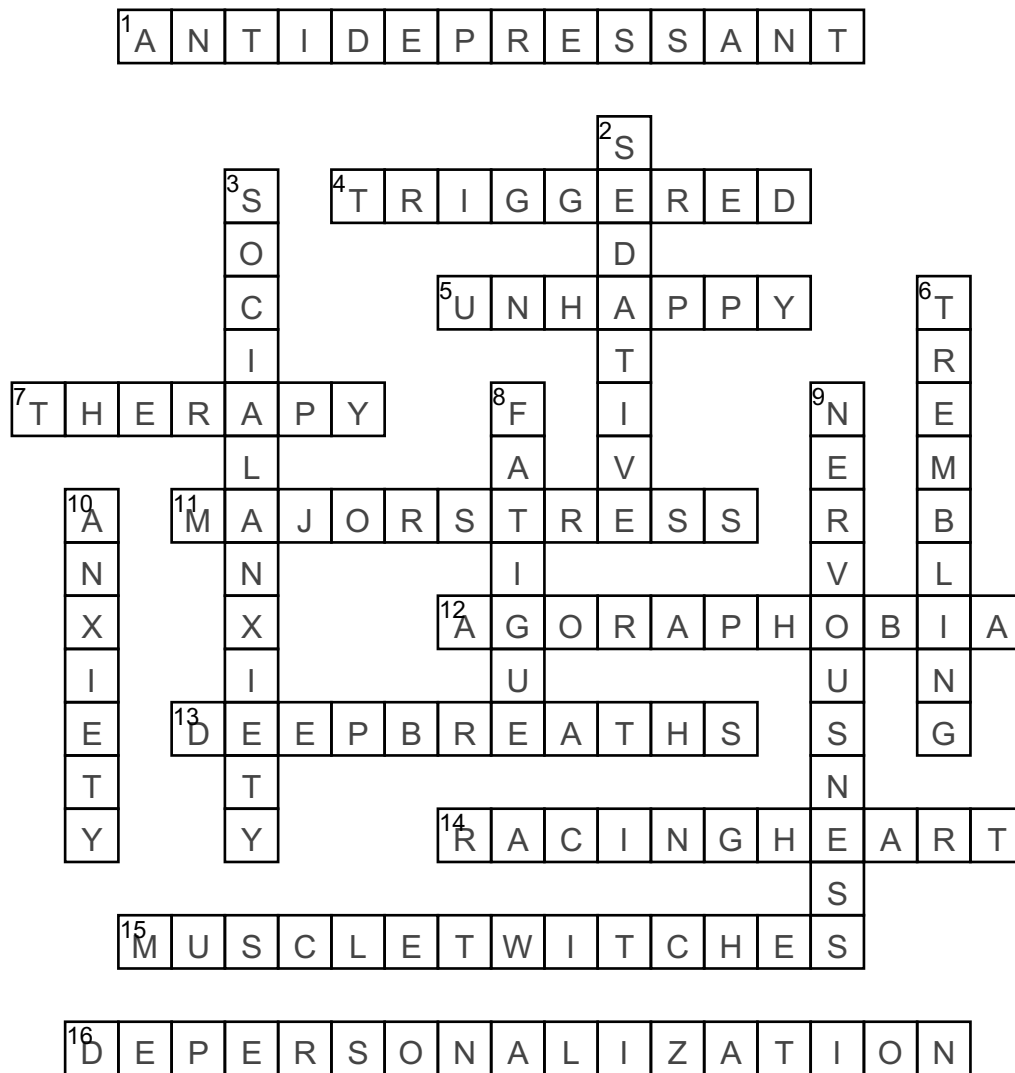


# Social Anxiety Disorder



**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**

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