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