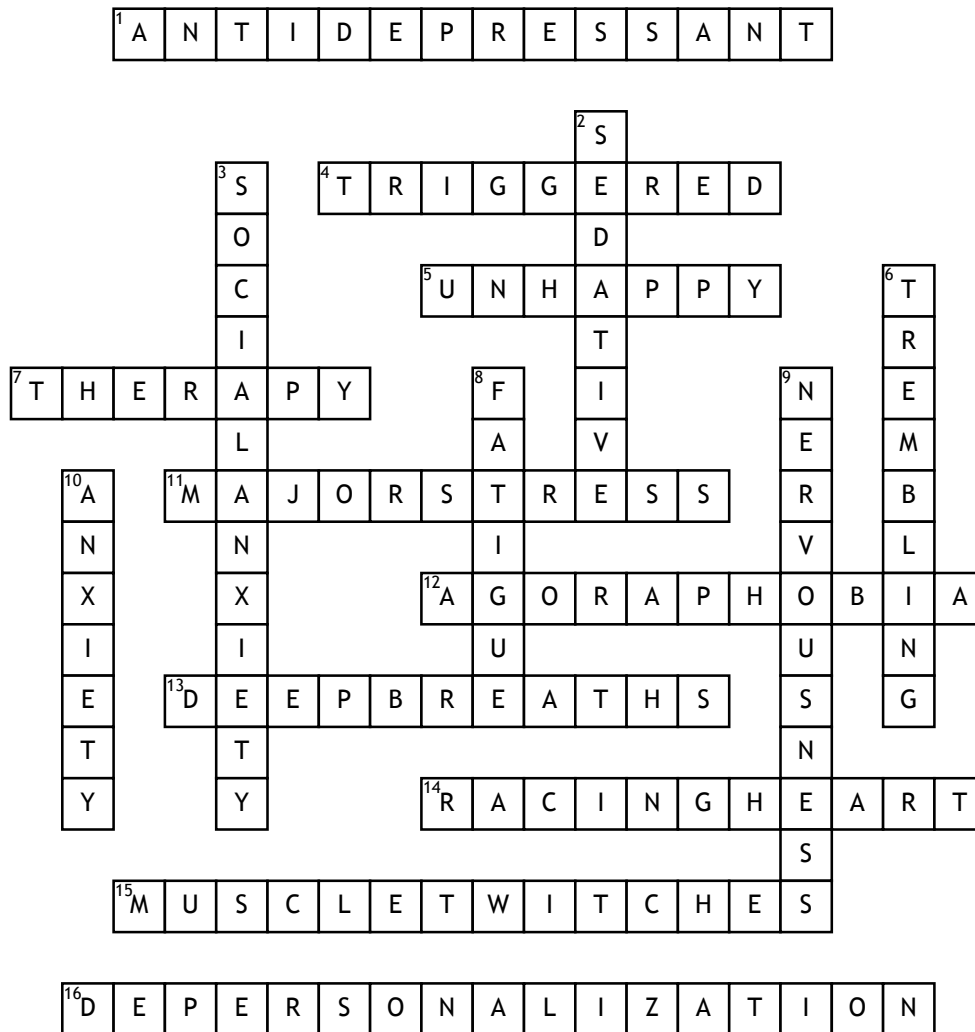


# Social Anxiety Disorder



## 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

nervousness  
anxiety  
Agoraphobia  
Deep Breaths

Therapy  
Antidepressant  
muscle twitches  
racing heart

Trembling  
major stress  
sedative  
fatigue

Social Anxiety  
unhappy  
triggered  
Depersonalization