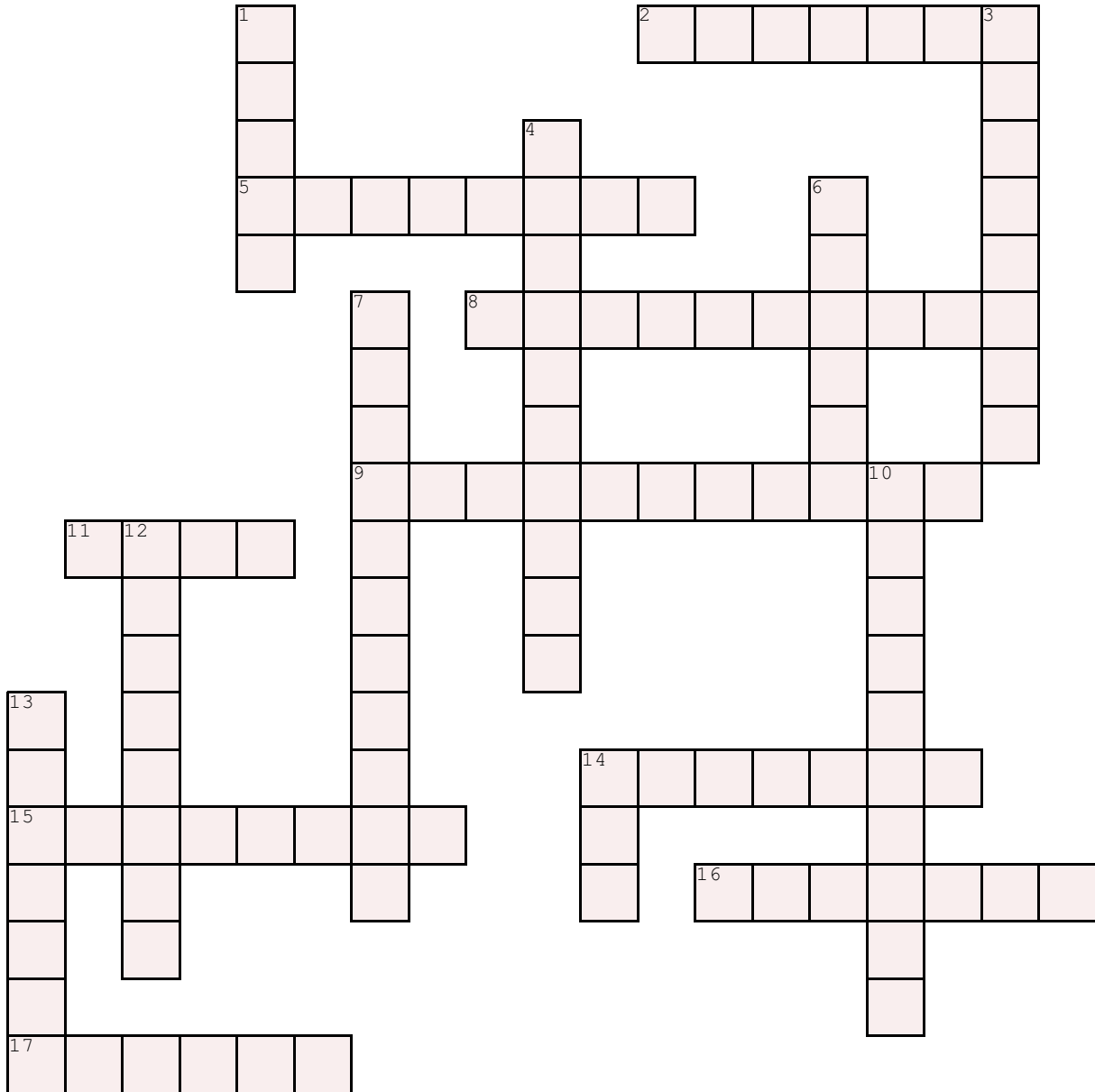


LEARNING ABOUT ANXIETY



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Across

- 2. being worried about something unknown
- 5. a plan of action to help solve a problem
- 8. not reasonable or logical
- 9. to think about or do something over and over
- 11. the opposite of feeling nervous
- 14. describes an illness that doesn't go away
- 15. a response to something
- 16. another word for tired
- 17. a mark of disapproval associated with something

Down

- 1. red or hot skin due to an unwanted emotion
- 3. something external or internal that causes a response
- 4. a feeling of extreme sadness
- 6. intense fear of a thing or situation
- 7. a rapid or irregular heartbeat
- 10. changing from one place or thing to another
- 12. the part of the brain responsible for fear and emotion
- 13. feeling uneasy or troubled
- 14. the short form for cognitive behavioural therapy