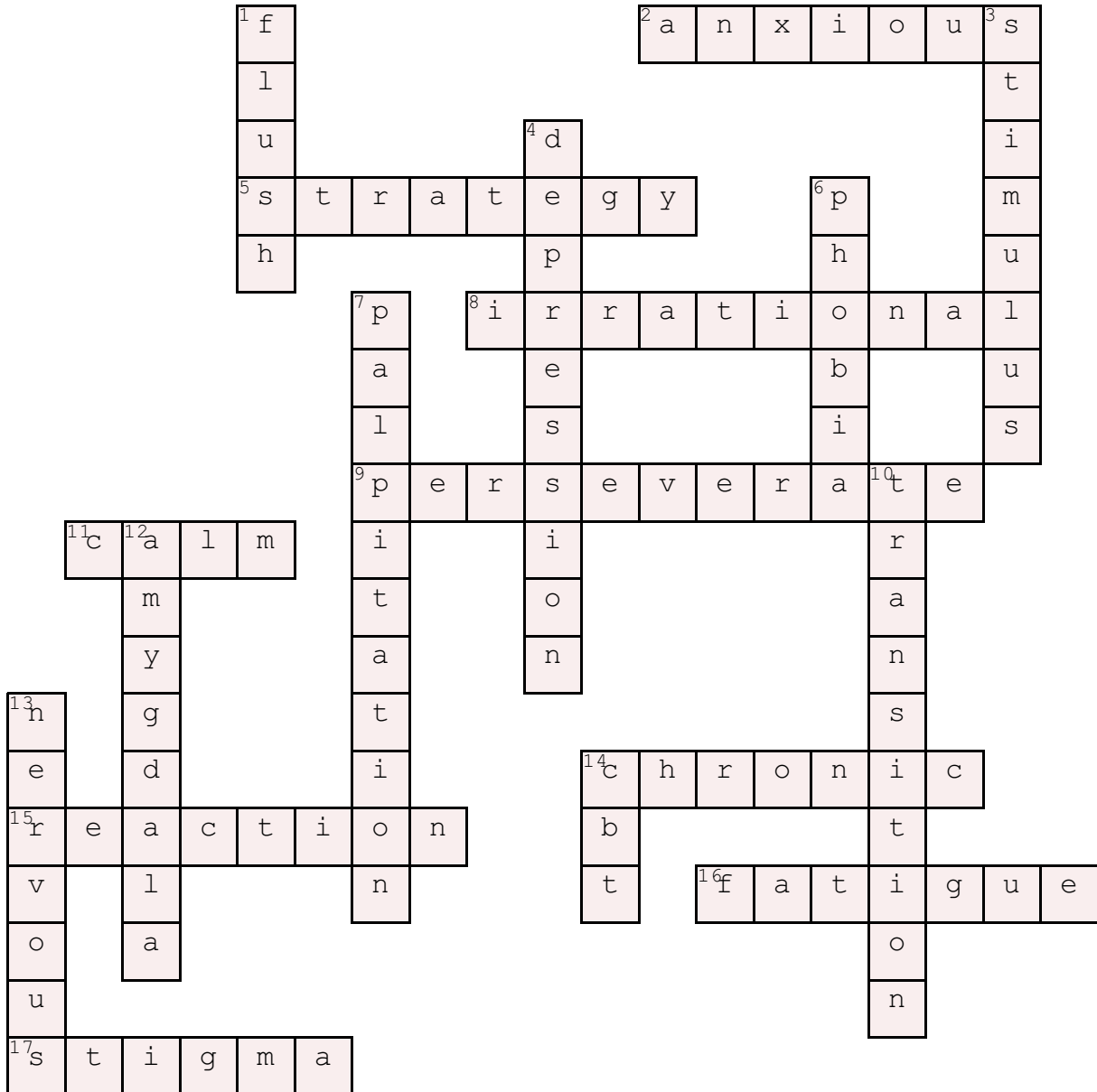


# LEARNING ABOUT ANXIETY



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## Across

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

## Down

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