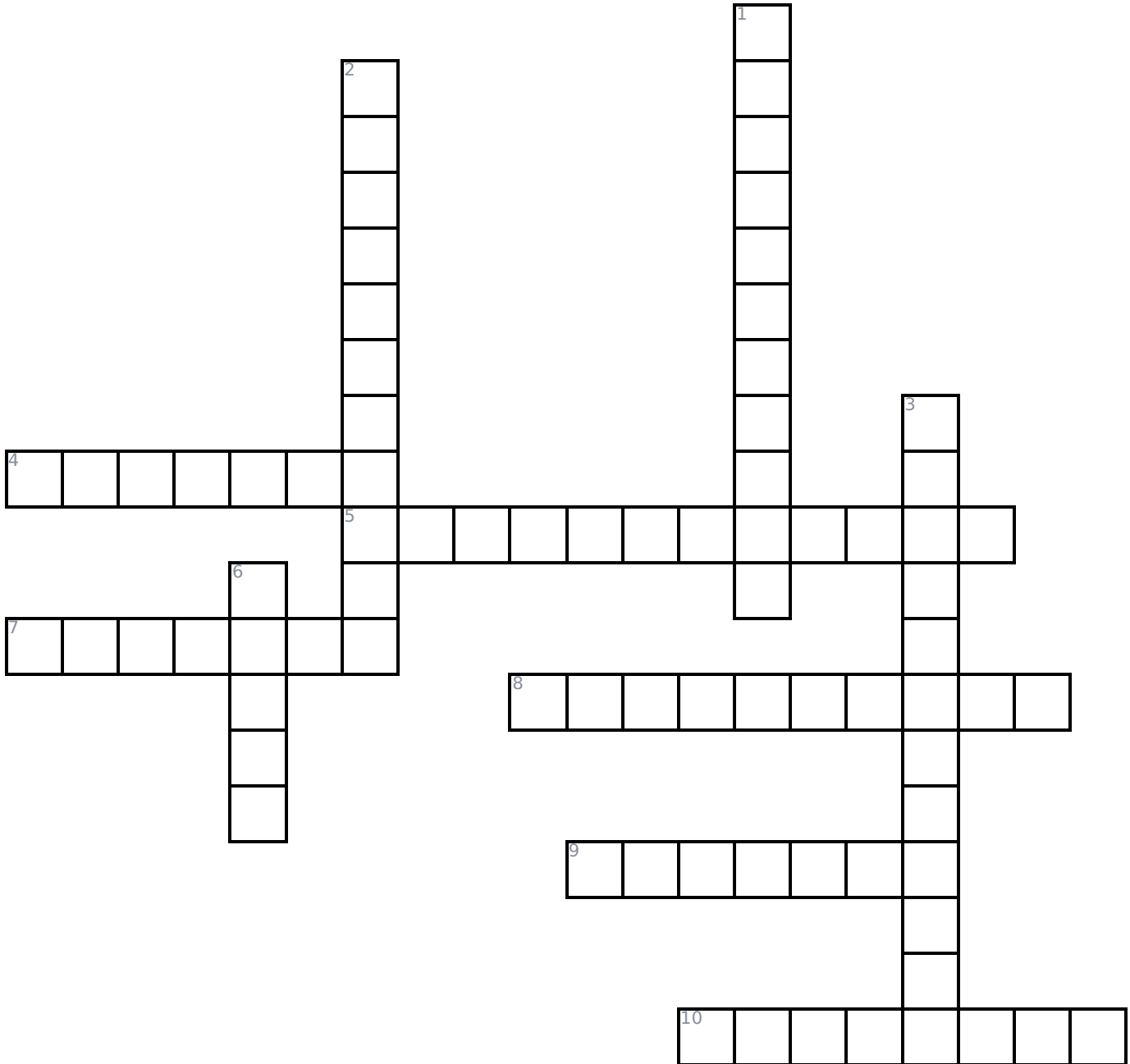


My Anxious Mind: Criss Cross

Answer clues based on the content and vocabulary words from My Anxious Mind. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



Across

4. Your ___ tracks or self talk is a big part of why you feel afraid and avoid doing things you want.
5. Certain foods can trigger anxiety and ___ minutes after you ingest it.
7. ___ is doing what frightens you while you are feeling frightened.
8. Do not assume the first ___ you try will be the best for you.
9. Choosing a ___ person that cares about you and is willing to help you is an important step.
10. A key part of your ___ plan is knowing the difference between lapse and relapse.

Down

- 1. A pattern of avoiding certain spaces or places is called ___.
- 2. Abdominal breathing and ___ muscle relaxation are ways you can calm your anxious body.
- 3. Some anxiety is helpful such as the ___ of taking a college entrance exam.
- 6. A ___ attack is a sudden rush of fear that seems to come from nowhere.

Word Bank

AGORAPHOBIA
COURAGE
ANTICIPATION

SUPPORT
PANIC
WELLNESS

PROGRESSIVE
IRRITABILITY

ANXIOUS
MEDICATION

Answer Key

