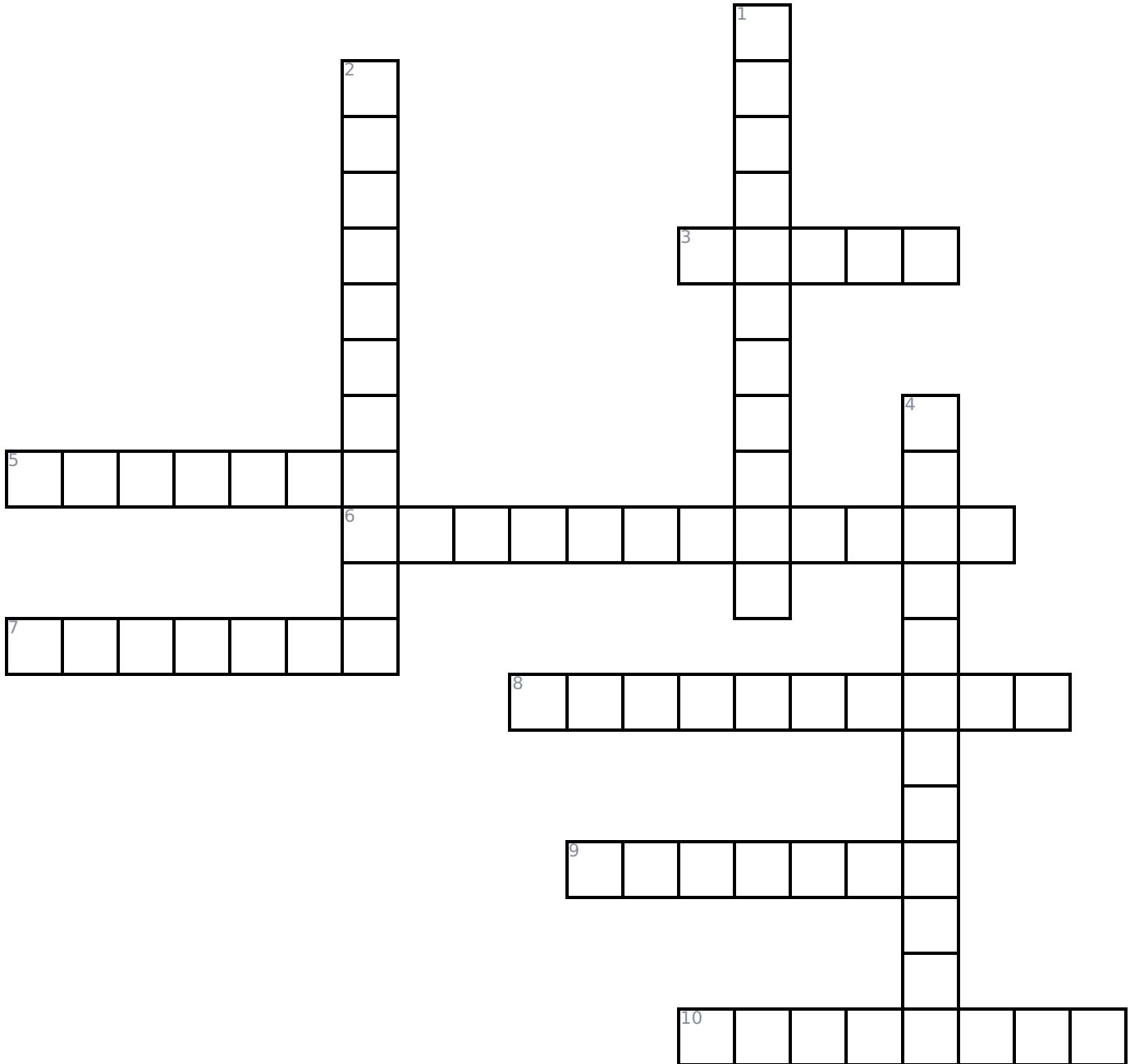


## My Anxious Mind: Criss Cross

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

3. A \_\_\_ attack is a sudden rush of fear that seems to come from nowhere.
5. Your \_\_\_ tracks or self talk is a big part of why you feel afraid and avoid doing things you want.
6. 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.
- 4. Some anxiety is helpful such as the \_\_\_ of taking a college entrance exam.

## Word Bank

AGORAPHOBIA  
COURAGE  
ANTICIPATION

SUPPORT  
PANIC  
WELLNESS

PROGRESSIVE  
IRRITABILITY

ANXIOUS  
MEDICATION

# Answer Key

