

## Worksheet Notes for Anxiety Presentation

By Holly Trask

1. **Anxiety** is an \_\_\_\_\_ characterized by feelings of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ like increased blood pressure.
2. What are four general symptoms:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
3. An anxiety \_\_\_\_\_ is not a normal part of childhood
4. List four Childhood Anxiety Disorders
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
5. List three Symptoms of GAD
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
6. OCD is characterized by \_\_\_\_\_ and \_\_\_\_\_ thoughts (which are \_\_\_\_\_)
7. A \_\_\_\_\_ disorder is usually diagnosed when a child has two or more unexpected panic or anxiety attacks

8. When \_\_\_\_\_ anxiety disorder occurs, a child experiences \_\_\_\_\_ anxiety away from home or when separated from parents or caregivers
9. Intense fear of social and performance situations and activities is called \_\_\_\_\_ disorder
10. What is one Subtype of Specific Phobias? \_\_\_\_\_
11. Just like another medical condition, Anxiety disorders need to be \_\_\_\_\_
12. Name two forms of therapy for Anxiety disorders:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
13. Medication can be \_\_\_\_\_ in treating anxiety disorders
14. List four ways to manage anxiety
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_