

# ANXIETY (5TH-8TH)



[Watch the video lesson](#) and then show what you know

**1. The difference between being nervous and having anxiety, is that being nervous is temporary and anxiety is a medical condition that lasts several weeks or longer.**

- a) True
- b) False

**2. Some symptoms of anxiety include:**

- a) trouble sleeping (insomnia)
- b) rapid heart rate
- c) digestive issues
- d) all of the above

**3. Social anxiety is a persistent fear of being watched or judged by others when you are at school, at social outings or in public.**

- a) True
- b) False

**4. Panic attacks occur ONLY when there is real danger.**

- a) True
- b) False

**5. What should you NOT do to help you feel less anxious?**

- a) talk it out with someone you trust
- b) take a break and do something you love
- c) throw things
- d) do deep breathing exercises