

ANXIETY (9TH-12TH)



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

1. Some symptoms of general anxiety include:

- a) trouble sleeping (insomnia)
- b) rapid heart rate
- c) excessive sweating
- d) appetite disturbances
- e) all of the above

2. 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

3. Negative strategies for dealing with anxiety include such things as skipping school, turning to drugs or alcohol and cutting.

- a) True
- b) False

4. Approximately how many people in the United States experience an anxiety disorder in a given year?

- a) 10 million
- b) 20 million
- c) 40 million
- d) 60 million

4. What should you NOT do to manage your stress?

- 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