

LESSON 8.2 Anxiety and Anxiety Disorders Note-Taking Guide

What Is Anxiety?

1. _____ is an emotion that includes tension, worried thoughts, and physical changes like increased blood pressure.
2. Anxiety can help _____ and _____ us if we don't have too _____ of it.
3. When anxiety gets out of control, anxiety _____ can occur.

What Are Anxiety Disorders?

4. People with anxiety disorders frequently have intense, excessive, and persistent _____ and _____ about everyday situations.
5. These feelings of anxiety and panic _____ with daily activities, such as going to school or hanging out with friends.

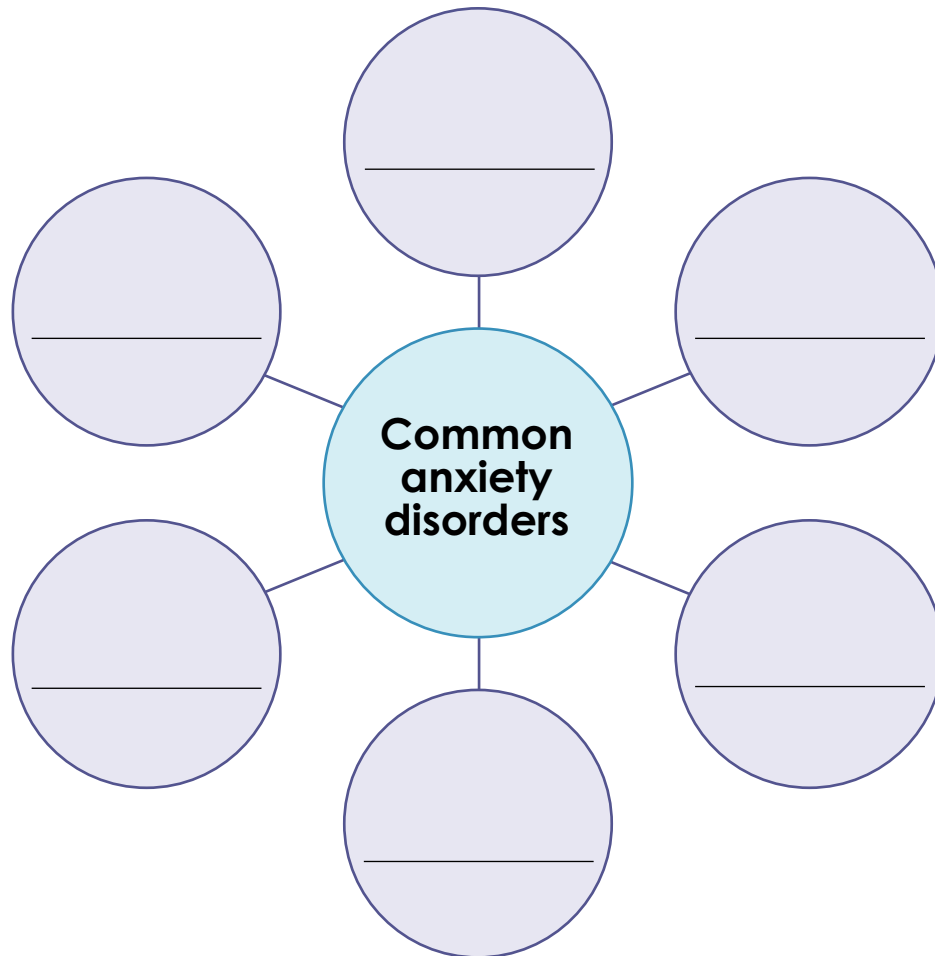
Pick Your Way of Coping

6. Fill in the blank boxes with reasons you may need to choose a coping skill.

I need to make my emotions concrete and visible.		I need to feel something for a while.		
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Common Anxiety Disorders

7. Identify common anxiety disorders in the blank lines.



Common Symptoms of Anxiety Disorders

8. Identify five symptoms of anxiety disorders.

1. _____

2. _____

3. _____

4. _____

5. _____

Getting Help for Anxiety Disorders

9. The same _____ you learn to manage your stress levels or to control your emotions can help you manage your anxiety.

10. People with anxiety disorders need professional _____ to manage their condition.

Practicing Gratitude

11. Explain two different options for practicing gratitude.

