# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

Fill in the blank with the word that best completes each sentence.

**1.** If you have intense feelings of worry and panic that interfere with your daily life, you may have a(n) Blank disorder.

**2.** Exercise is a coping strategy that might be used to help you Blank your emotions.

**3.** Treatments for anxiety disorders include therapy, Blank , support groups, and self-care.

**4.** Major anxiety that happens when someone is exposed to a specific object or situation is called a simple Blank .

**5.** Common anxiety disorders include panic, general, Blank , and phobia.

**6.** Blank refers to being appreciative for the large and small things you have and experience in life.