

## Anxiety (5th - 8th)

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

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