

what is

Anxiety

Anxiety is the body's natural response to stress, experienced by everyone at some point. Its severity can range from mild uneasiness to panic attacks and may vary in duration.

When anxiety becomes persistent, it can disrupt daily life, affecting work, relationships, and social activities. Anxiety disorders lead to overwhelming feelings of worry and fear, often causing individuals to avoid situations that might trigger their symptoms.

HAVING ANXIETY IS NOT A SIGN OF WEAKNESS

Anxiety Is A Real Illness That Negatively Affects How You think, The Way You Feel And How You Behave



BODY

Stomachaches, cramps, constipation, fatigue, aches and pains, weakened immune system, weight fluctuations



THOUGHT

Bias perception, unhelpful thinking, fearful, extreme worrying, having trouble concentrating, worrying about things in the future. "What if?"



ACTION

Staying inside a lot, loss of interest in activities, withdrawal from people, feel unable to go to work, or avoid certain places

THE CAUSE OF ANXIETY



ENVIRONMENT

Environmental factors include any stressful life events or situations,



BRAIN CHEMISTRY

an imbalance of brain chemicals called neurotransmitters can happen in anyone, even in the absence of an obvious trigger.



PERSONALITY TYPE

Certain personality types are more at risk of developing anxiety than others,



THOUGHTS

Experts have identified several cognitive distortion patterns that can cause anxiety.



ACTION/BEHAVIOUR

Preferring to be alone, withdrawing, spending too much time on social media, or playing video games. Being inactive or even having poor self care can all contribute to anxiety.



GENETICS

research indicates that there may be a link between inherited genetic traits and being diagnosed with anxiety