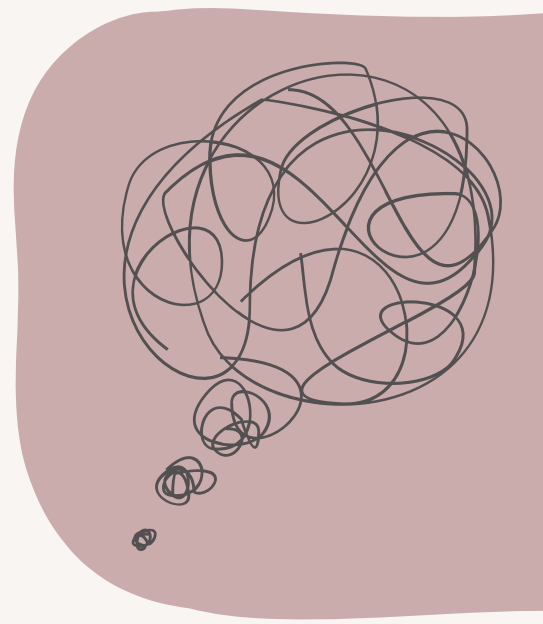


# WHAT IS ANXIETY?

Anxiety is a natural emotional response characterized by feelings of tension, worry, and physical changes like increased heart rate. It is a normal part of life and can help people stay alert and focused, but when excessive, it can interfere with daily activities and become a disorder.

Anxiety is triggered by the brain's response to stress or perceived danger, commonly known as the "fight or flight" reaction. It prepares the body to respond to threats but can occur even in non-threatening situations.



## Types of Anxiety

**Generalized:** Persistent, excessive worry about a wide range of life events and situations, even when there is no apparent reason;

**Panic:** Sudden, intense episodes of fear (panic attacks) that often come without warning.

**Social Anxiety:** Fear of social interactions, driven by concerns about being judged, embarrassed, or humiliated; and

**Phobias:** Intense fear of specific objects or situations (e.g., heights, animals, or flying).

## Common Symptoms

Constant worry, nervousness, or feeling of dread, Sweating, rapid heartbeat, muscle tension, difficulty sleeping, dizziness, and shortness of breath.

## Anxiety can result from a combination of factors, including:

- **Genetics:** Family history of anxiety disorders.
- **Environmental Stress:** Stressful events such as trauma, loss, or significant life changes.
- **Brain Chemistry:** Imbalances in neurotransmitters like serotonin and dopamine.
- **Medical Conditions:** Chronic illness, thyroid problems, or substance abuse.

## Impacts

While occasional anxiety is a normal response to stress, chronic or excessive anxiety can impact a person's quality of life, affecting relationships, work, and overall well-being. Anxiety disorders are among the most common mental health disorders globally.

Anxiety is a complex emotional response that, when prolonged or excessive, can lead to disorders. Understanding the types, symptoms, and management strategies can empower individuals to seek help and improve their mental health.