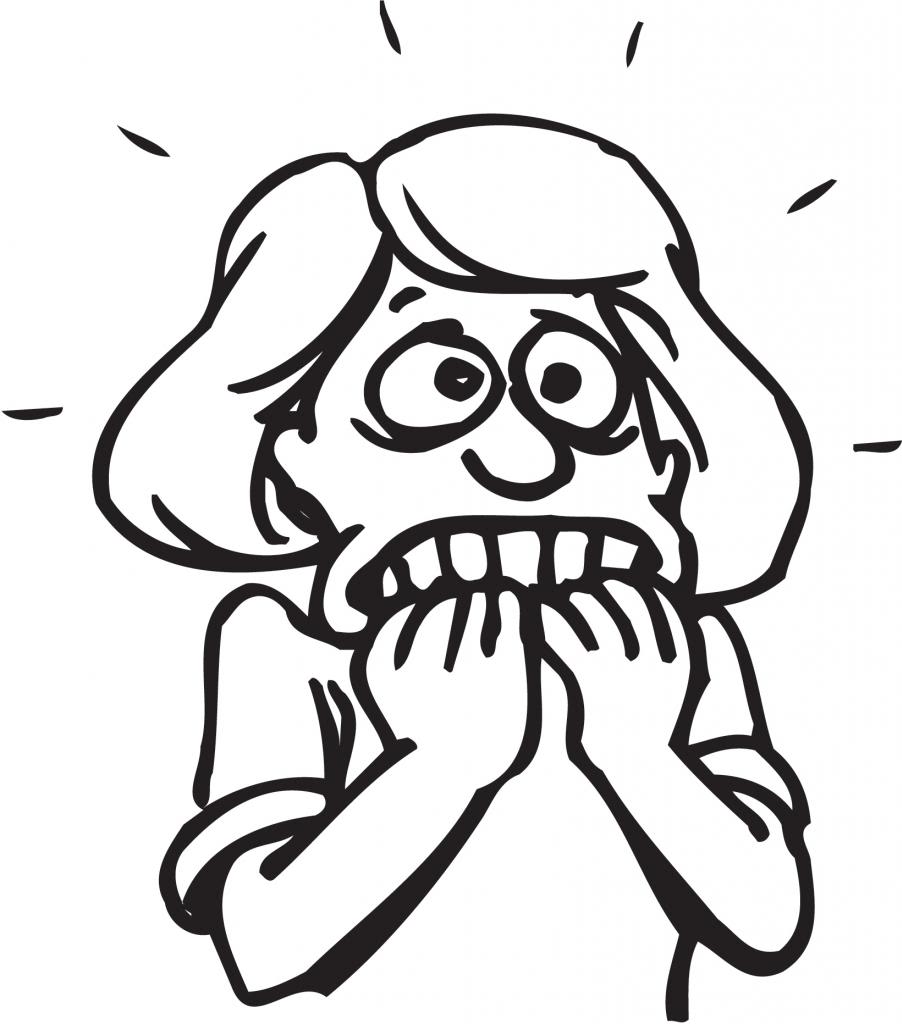
Anxiety



Signs of anxiety



Difficulty concentrating

Worry

Irritability



CAPTION

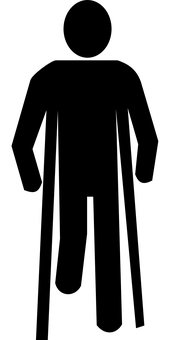
CAPTION

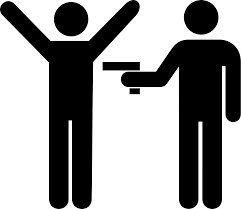
Low energy

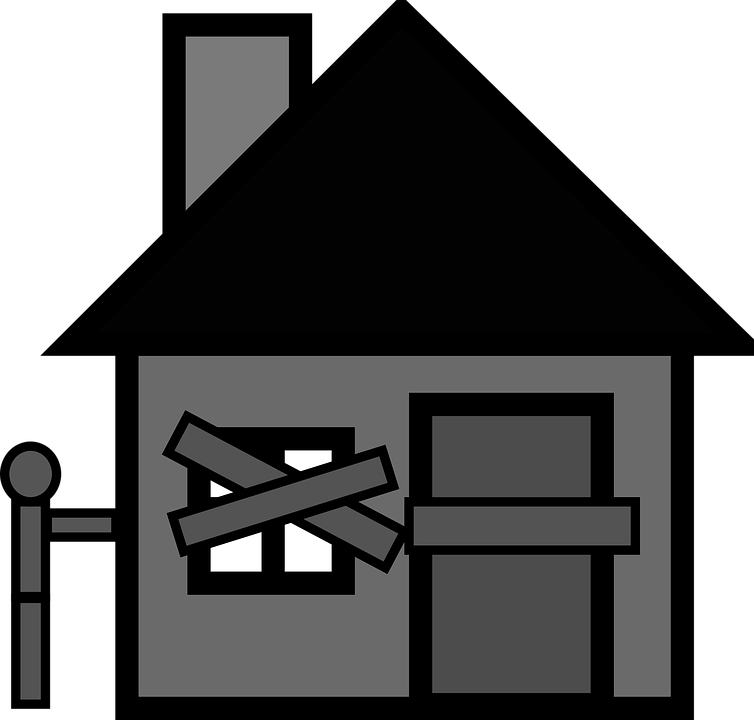
Difficulty sleeping

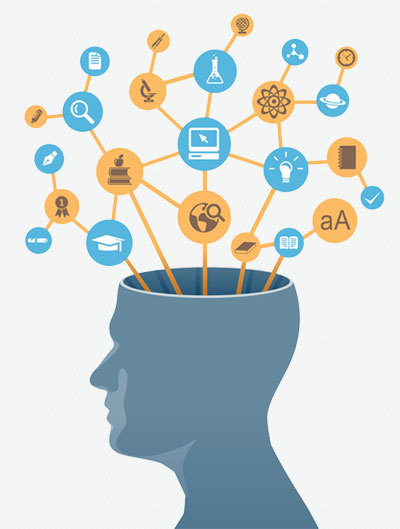
Restless/fidgety

What causes anxiety?











Past experiences

Genetics

Life stressors

How is anxiety treated?





Set aside time to worry

Relaxation exercises

Psychotherapy