Anxiety



Signs of anxiety

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Difficulty concentrating

Worry

Irritability

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q8PWUN3Y\4715483811_worried_man_pacing_xlargejpeg[1].JPG]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OJMAA9UG\tired-child[1].jpg]()

CAPTION

CAPTION

Low energy

Difficulty sleeping

Restless/fidgety

What causes anxiety?







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Past experiences

Genetics

Life stressors

How is anxiety treated?

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\counselling[1].jpg]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\eggtimer[1].gif]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q8PWUN3Y\yoga_girl_cartoon_jpg_w180h244[1].jpg]()

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q8PWUN3Y\2473902_1_1382462611[1].jpg]()

Set aside time to worry

Relaxation exercises

Psychotherapy