



Understanding Anxiety

What it is, why it happens, and common types of anxiety



1. What Is Anxiety?

Anxiety is the body's built-in alarm system. It's meant to protect us from danger and help us stay safe. But when anxiety becomes frequent, intense, or out of proportion, it can interfere with daily life and make even simple tasks feel overwhelming.



2. Why Anxiety Happens

Anxiety can develop for many reasons and is different for everyone. It may be influenced by:

- ♥ Stress and ongoing pressure
- ♥ Life experiences and trauma
- ♥ Learned patterns and coping styles
- ♥ Temperament and sensitivity
- ♥ Family history and genetics
- ♥ Brain chemistry and body responses

3. Common Types of Anxiety

1



Generalized Anxiety

Ongoing worry about many areas of everyday life, such as health, finances, work, or the future.

2



Social Anxiety

Fear of judgment or embarrassment in social situations, including meeting new people, speaking, or being observed.

3



Panic Disorder

Sudden episodes of intense fear, racing heart, shortness of breath, dizziness, or other panic symptoms.

4



Specific Phobias

Intense fear of a particular object or situation, such as heights, animals, flying, or injections.

5



OCD-Related Anxiety

Intrusive, unwanted thoughts and compulsive behaviors used to reduce distress or prevent something bad.



Reminder

Anxiety is common, treatable, and does not mean you are weak. Support and coping skills can help.



Reflection

Take a moment for you.



Which type of anxiety do you relate to most?



What helps you feel more grounded?

