

UNDERSTANDING ANXIETY



Anxiety can often be misunderstood, and that can make it hard to seek help, or know how to support others who struggle with anxiety.

Anxiety is...

1 **A real medical condition**
All of us feel worried about things from time to time, but anxiety disorders mean people are unable to control or manage their worry or fear.

2 **Hard to just 'snap out of'**
People struggling with anxiety can often feel frustrated when they can't control their fear and its impact on their life.

3 **Not a sign of personal weakness**
Anxiety is not a personal failing or weakness of character – anxiety is treatable through highly effective tools and strategies



More info and watch the video.



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