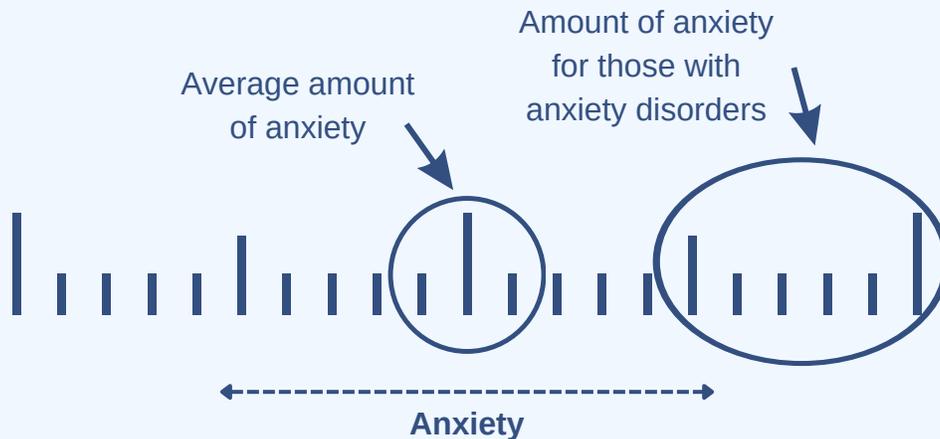


What is Anxiety?

Anxiety is a natural human response to stress or potential threats. It is a common emotion that everyone experiences at times, but for some individuals, anxiety can become overwhelming and persistent, significantly affecting their daily lives.



Anxiety disorders can arise from a combination of genetic, environmental, and psychological factors, including:

- **Biological Factors:** Some individuals may be biologically predisposed to developing anxiety disorders due to imbalances in brain chemistry or an overactive stress response.
- **Environmental Factors:** Traumatic events, stressful life experiences, or a history of abuse can contribute to the development of anxiety disorders. Chronic exposure to stressful situations, such as ongoing work pressure or relationship problems, can also increase anxiety.
- **Psychological Factors:** Individuals with certain personality traits, such as perfectionism or a tendency to worry, may be more prone to developing anxiety disorders. Additionally, individuals who have a history of other mental health conditions, like depression, may be at a higher risk.

It's important to note that anxiety disorders can only be diagnosed by qualified clinicians. These disorders are characterized by more frequent and intense anxiety in response to everyday situations. Often, an anxiety disorder will cause significant distress, and at times, an impairment in one's ability to function in their everyday life.