**Mental Health: Anxiety**

**What is Anxiety?**
- Anxiety is persistent and excessive worry about a number of different things.
- This includes constant worry about money, health, family, work, and other issues.
- It might cause you to sweat, feel restless and tense, and have a rapid heartbeat, it can be a normal reaction to stress.

**What are some common symptoms?**
- Feeling nervous, irritable, or on edge
- Having a sense of impending danger, panic, or doom
- Having an increased heart rate
- Breathing rapidly, sweating, and/or trembling
- Feeling weak or tired
- Difficulty concentrating
- Having trouble sleeping

**How to manage Anxiety?**
- Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- Is it work, family, school, or something else you can identify? Write in a journal when you’re feeling stressed or anxious, and look for a pattern.

**What fitness techniques can help?**
- Set small daily goals and aim for daily consistency rather than perfect workouts. It’s better to walk every day for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon. Lots of scientific data suggests that frequency is most important.
- Find forms of exercise that are fun or enjoyable. Extroverted people often like classes and group activities. People who are more introverted often prefer solo pursuits.

**Reference:** https://adaa.org/understanding-anxiety/generalized-anxiety-disorder-gad