Anxiety

Experiencing significant feelings of anxiety can be an incredibly disruptive aversive and disruptive experience. It makes individuals who experience it feel horrible, interferes with their enjoyment of life and it can significantly impair their ability to concentrate, complete tasks or function adequately in their lives. When anxiety is so severe that the person finds the symptoms to be debilitating, or if the anxiety is accompanied by panic attacks, the person should IMMEDIATELY consult with a psychologist, psychotherapist or psychiatrist. That level of anxiety requires professional attention and intervention. The level of anxiety addressed by this app is distressing but is far less severe than clinical anxiety.

The symptoms of anxiety can vary from person to person, as can the severity of the symptoms. Below is a list of common symptoms of anxiety:

* Nervousness
* Feeling shaky
* Feeling afraid or scared
* Thinking that the worst will happen
* Being unable to relax
* Feeling like you might lose control
* Inability to concentrate
* Difficulty sleeping
* Frequent upset stomach
* Shortness of breath

Anxiety can be caused by a variety of things, including grief and loss, significant stress, significant changes in one’s life, situational factors or environmental factors. Some anxiety can be caused or made worse by how we perceive ourselves, our lives, situations and events that we encounter. To address anxiety that is related to how we perceive ourselves and our circumstances, use the resources from the sections listed below:

* Rational Thinking
* Time Management
* Problem-Solving
* Decision-Making
* Goal-Setting
* Confrontation
* Stress Management
* Emotional Barriers
* Self-Care
* Assertiveness
* Self-Talk
* Use the Journal feature of this app to express and record your feelings
* Use the “On Second Thought…” feature of this app to express your feelings and then release them