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POLS Essay

Anxiety can take many forms including social anxiety, test anxiety, anxiety related to athletic performance, phobias, generalized anxiety- an overwhelming sense of worry and dread, and even panic attacks. When treating anxiety we must look at things holistically. Anxiety can be related to physiological things such as hormonal imbalances, illness or chronic health problems, or medications that an individual is taking. It can also be related to emotional struggles such as excessive worry, or unresolved trauma. We must look at all of these to determine what is causing the anxiety and to determine how to treat it. Treatment can include learning to express emotions in a healthy manner, learning relaxation or meditation exercises, and learning cognitive strategies to think differently and challenge negative or worrisome thinking