The main goal of this literature review is to gather information on the effects of anxiety on people's health and well-being. When people participate in complicated tasks or activities, they commonly experience anxiety. They may seek help and assistance from others or implement measures on their own to overcome anxiety disorders. When people experience anxiety while carrying out tasks and activities, the most important factors are that they are well-prepared and knowledgeable. It is recommended that they not participate in such situations if they are unable to put the measures and approaches in place to overcome anxiety disorders.