This literature review's primary objective is to gather data on how anxiety affects people's health and wellbeing. People rarely feel anxious when involved in challenging tasks or human action. They could ask for activity from others or try to deal with their anxiety disorders on their own. People must be ready and enlightened when dealing with anxiety when engaging in chores or activeness. If they are incapable to put the steps and conceptualization to overcoming anxiety disorders in place, it is advised that they stay away from such events. For instance, one should stay away from elevators if they make them anxious and instead utilize the stairway. Family members, director, teachers, coworkers, professional counsellors, doctors, and healthcare experts are some people that provide aid and support. To overcome anxiety and anxiety disorders when they have reached a crucial stage, efficient tactics and procedures must be used.**[Kapur, Radhika.*et al*.,(2020)]**