Pic 1: Types Of anxiey:

Review: Anxiety Disorders: Recent Global Approach to Neuro-pathogenesis, Drug Treatment, Cognitive Behavioral Therapy, and Their Implications - Scientific Figure on ResearchGate. Available from: https://www.researchgate.net/figure/Various-Types-of-Anxiety\_fig1\_350877040 [accessed 3 Aug, 2022]

Google image

Various Types of Anxiety.

<https://www.researchgate.net/figure/Various-Types-of-Anxiety_fig1_350877040/actions#reference>

Pic 2: Anxiety attack symptoms

Sarah bence, et al., What is an anxiety attack(2021)

<https://www.verywellhealth.com/anxiety-attack-5088600>

Pic 3: Physical symptoms of anxiety:

 Dr William Shanahan et al.Physical symptoms of anxiety(2022), priorygroup

<https://www.priorygroup.com/mental-health/anxiety-treatment/anxiety-symptoms>

Pic 4: what is anxiety and how to get rid of it?

# Anxiety infographics, vector illustration. Risk factors, symptoms and treatment of disorder.shutter stock

<https://www.shutterstock.com/image-vector/anxiety-infographics-vector-illustration-risk-factors-746642488>

Pic 5: how to calm anxiety quickly

Alexander Ingram et al., how to calm anxiety quickly(2022),priorygroup.

<https://www.priorygroup.com/mental-health/anxiety-treatment/how-to-calm-anxiety>

Pic 6: How to reduce stress and anxiety

## [Stress and anxiety prevention](https://thumbs.dreamstime.com/z/stress-anxiety-prevention-information-poster-text-cartoon-character-flat-vector-illustration-horizontal-stress-127521293.jpg),dreamstime.

<https://www.dreamstime.com/stress-anxiety-prevention-information-poster-text-cartoon-character-flat-vector-illustration-horizontal-stress-image127521293>