

What Is Anxiety?

Anxiety is an emotion we feel when we are in a dangerous situation. The danger might be either real or a product of our imagination, and it causes a reaction in our body and mind.

When we are anxious, we may:

1. Feel physical sensations.

- Fast heartbeat, restlessness, dizziness.
- Muscle tension, headaches.
- Stomachaches and cramps.



2. See and think things in special ways.

- We only see the dangerous side of things.
- We think mostly that bad things might happen.
- The anxious thoughts often create the expression: "What if . . . ?"



3. Act in certain ways.

- Try to escape from the problem.
- Avoid the feared situation.
- Look for protection or safety measures.

