

DIFFERENT TYPES OF ANXIETY



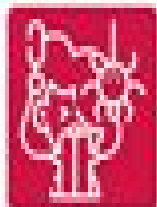
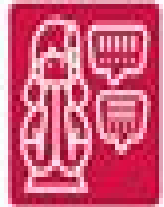
Generalised Anxiety Disorder:

Persistent and excessive worry that tends to interfere with daily activities.



Social Anxiety Disorder:

Intense anxiety about being embarrassed or rejected in social situations.



Phobias:

Persistent and excessive fear around a particular object, activity, or situation.

Panic Disorder:

The main symptom is panic attacks, physical and psychological distress episodes.



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Anxiety Disorders Anxiety Disorders

Rosina Ehmann



Anxiety Disorders Anxiety Disorders:

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