



anxiety

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One way to lower anxiety is:

- A. Eat candy
- B. Increase protein
- C. Reduce caffeine
- D. Lift weights

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How do you know when you might have an anxiety disorder?

When anxiety interferes with your ability to cope and disrupts your daily life.

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True or false? Everyone experiences anxiety from time to time.

Answer: True

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Which of the following are types of anxiety?

- A. Panic disorder
- B. P.T.S.D.
- C. O.C.D.
- D. All of the above

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True or false? Anxiety is the least common of all mental disorders.

Answer: False

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People with anxiety benefit from which lifestyle modification?

- A. Reducing caffeine
- B. Yoga/meditation
- C. Reduce alcohol
- D. Reduce/stop smoking
- E. All of the above

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True or false? Some anxiety can be helpful?

Answer: True

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What is the main type of psychological treatment for anxiety?

Cognitive behavioral therapy

www.anxietybc.com

True or false? If you chronically find yourself lying awake worried, it might be a sign of an anxiety disorder.

Answer: True

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True or false? Problems with brain chemistry contribute to the development of anxiety disorders.

Answer: True

www.health.com

“The biggest obstacle you’ll overcome is your mind. If you overcome your mind you’ll overcome anything.”

- Marc & Angel Chernoff

www.markandangel.com

“Nothing diminishes anxiety faster than action”

- Walter Anderson