

Introduction

It Is Natural to Feel Anxious

There's a good chance that we've all experienced feelings of anxiety in response to real or perceived threats at one time or another. For most people, these feelings are normal as the brain is hard-wired to caution you at times of danger, change and the unknown.

In fact, in many situations, experiencing a certain level of anxiety and stress can help boost your performance in specific tasks. For instance, a person might experience a heightened level of anxiety the days leading up to a public event and that's a completely normal reaction.

Psychologists believe that anxiety is your body's natural response to stress and that this stress triggers a system in the brain that accentuates your performance. So, a little anxiety now and then is okay and might be your body's way of preparing for an impending change.

That Said, Not Every Anxious Feeling Is Normal

For some, these feelings can be all-consuming, impairing the individual's ability to enjoy life as they'd otherwise like to. For some, anxiety might treat their everyday events as life-or-death situations. It can become a disorder and that isn't a good place to be in. Fortunately, in most cases, there is always a way out. And one of the first steps to finding that way out is to dive into your mind and listen to what it might be trying to tell you.

It's About Accepting Your Anxiety, Embracing and Understanding It Too

There is no shame in being anxious. And we would prefer not to have put this obvious point across (because it's obvious and should ideally not need any re-affirmation). But sadly, because of how this feeling can be trivialized and/or stigmatized, it's important to let all those who experience anxiety know that they are not alone and by accepting it they'll also be overcoming it.

Likewise, it's important to let others know that they shouldn't be underestimating the pain of those with anxiety disorders. Worse, that they shouldn't be stigmatizing anxious people by saying

things like, ‘you’re overacting’, or ‘you’re so OCD,’ when they might not know enough or when that’s not what they mean.

This book is an attempt to throw some light on the much relevant topic. We’ve kept it short and brief because we don’t want to overload you with information but want to ease you into the expansive subject one book at a time.

With this book, we attempt to show you how anxiety might be taking over your lives without you even realizing it. We show you the mirror alright, but we also show you ways to become the best version of yourself because we believe it’s something you’re meant to be.

In this book, we talk about 7 ways anxiety might be slowly eating away your lives. We discuss:

- Overthinking and obsessive thoughts
- Lack of self-assurance and fear of judgment
- Phobias and traumas
- Workplace anxiety
- Social anxiety
- Eating disorder
- Insomnia
- And finding your journey towards the solution