



# Anxiety

**An emotion in which a person an unpleasant state of inner turmoil overreaction to a situation that is only subjectively seen as frightening.**



# symptoms

**1. ABDOMINAL PAIN**

**2. INDIGESTION**

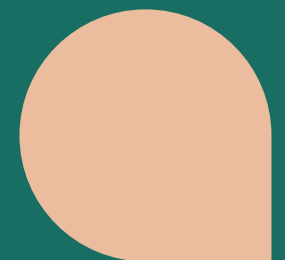
**3. CHEST PAIN**

**4. FATIGUE**

**5. DIZZINESS**

**6. INSOMNIA**

**7. HEADACHE**



## **Panic Disorders.**

Experience out of the blue attacks

## **Post Traumatic Disorders(PTSD)**

Can happen to people who experienced traumatic events

## **Social Anxiety**

intense anxiety or fear of being judged

## **Generalized Disorders**

difficulty of controlling and worry of anticipated disaster around things

## **Specific Phobia**

Work hard to avoid common places

## **Obsessive-compulsive disorder(OCD)**

Experience compulsions which are needed to be performed to reduce distress

**Anxiety disorders.**



**CAPS**

**RCPS**

**Mental health  
Mondays**

# **MSU can help!**

Also:

- 24/7 crisis services (517) 355-8270
- + press 1

# Self-reflection :



Today's self-reflection is going to be too personal, let's hope I don't regret that I have missed this class and couple of other classes due to mental health. no, just anxiety but yes mental health is a huge issue, letting things pile up for years eventually lead to things like.. this. it has a huge impact, even if you think it's just a phase or you're "lazy". these things eventually lead to worse and worse issues if not fixed as soon as possible. to whoever is reading this, it's very hard I know, getting up and dealing with all of it but get the help you need and if you fail try again and again. I missed this class but I learned a lot about the terminologies. one last thing, do not self-diagnose. it'll get better, hopefully. If I made it this far, so can you.