

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

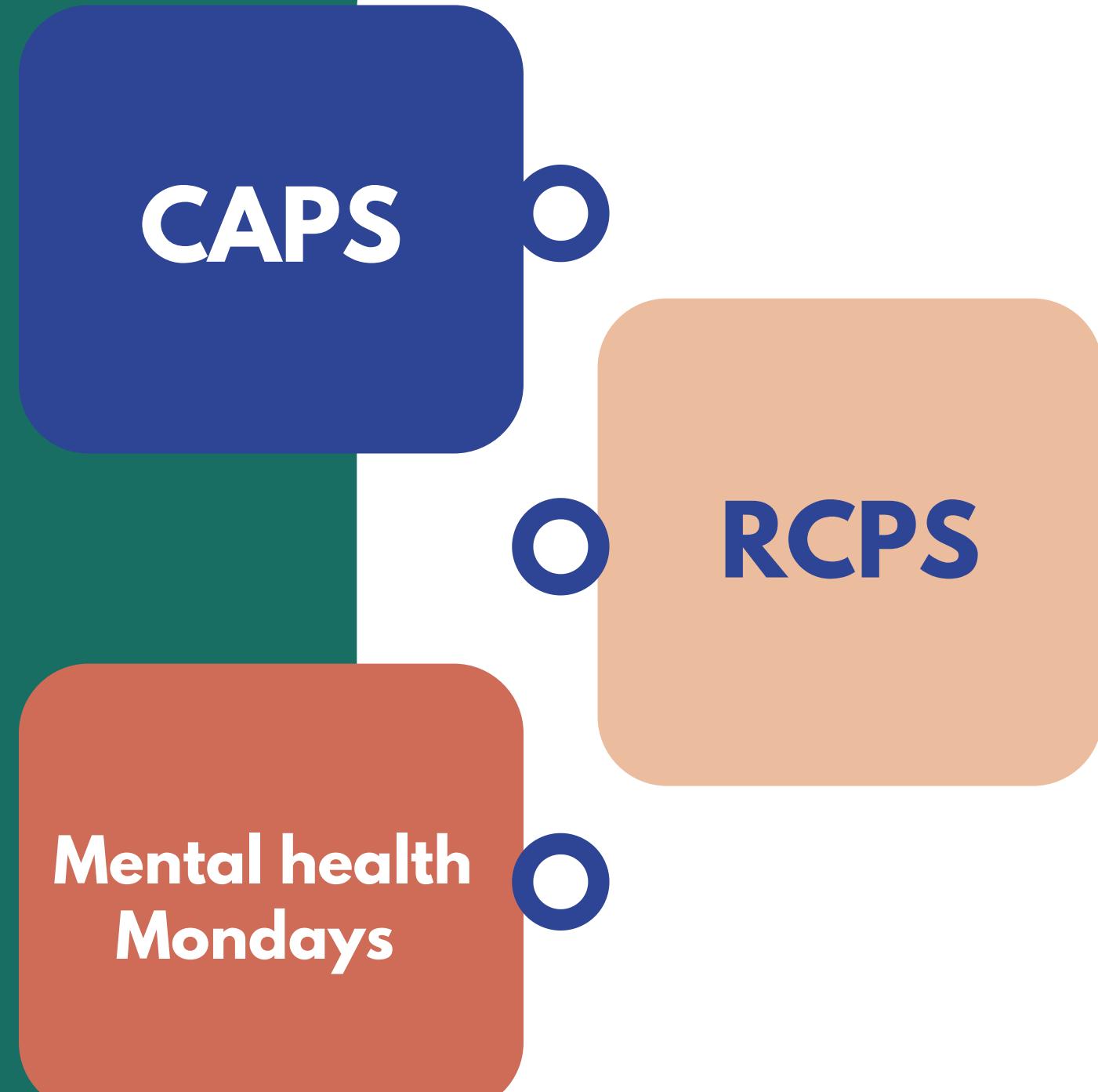
Specific Phobia

Work hard to avoid common places

Obsessive-compulsive disorder(OCD)

Experience compulsions which are needed to be performed to reduce distress

Anxiety disorders.

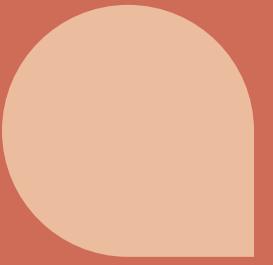


MSU can help!

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 this. I have missed this class and couple of other classes due to mental health. not 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.