

Anxiety: What is it?

- Anxiety is an emotional state where a person can feel uneasy, scared, apprehensive or fearful. There can be healthy and non-healthy anxiety.

Healthy anxiety is manageable while non-healthy anxiety can interfere with everyday life.

Healthy examples:

 Anxious for a test or important assignment

 Anxious for a performance

 Anxious for a sports try-out

Non-healthy examples:

 Sleeping a lot or not enough

 Not caring about your favorite things

 Isolating yourself from family and friends



Service
Hospitality