

ANXIETY

Meaning: Anxiety is a feeling of worry, nervousness, or unease, often accompanied by physical symptoms, especially in anticipation of a challenging situation.

1. Anxiety can manifest in various physical symptoms, such as increased heart rate and sweating.
2. She felt a wave of anxiety wash over her before delivering her speech.
3. Many people experience anxiety when faced with uncertain situations.
4. Coping strategies like deep breathing can help alleviate feelings of anxiety.
5. The constant pressure to succeed can lead to overwhelming anxiety in students.
6. Anxiety disorders are among the most common mental health issues worldwide.
7. He sought therapy to better understand and manage his anxiety.
8. Writing in a journal helped her process her anxiety and gain perspective.
9. Anxiety often interferes with daily activities and can be debilitating.
10. Mindfulness practices can be effective in reducing anxiety and promoting calmness.

Source: sentences.whatistheurl.com

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