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Anxiety is a problem that many people face during the pandemic of 2020. Anxiety is a health issue that people have gained or have increased through the pandemic. Anxiety disorders form a category of mental health diagnoses that lead to excessive nervousness, fear, apprehension, and worry. Read more to learn about the problems and issues of anxiety in the pandemic and ways to deal with it.

Anxiety can cause an increase in physical and emotional issues. Anxiety can increase major amounts of fear and other symptoms like feeling nervous, restless or tense, having a sense of impending danger, panic or doom, having an increased heart rate, breathing rapidly (hyperventilation), sweating, trembling, feeling weak or tired, trouble concentrating or thinking about anything other than the present worry, having trouble sleeping, experiencing gastrointestinal (GI) problems, having difficulty controlling worry, having the urge to avoid things that trigger anxiety. Anxiety is known for making people worry about and overthink things more than they need to, for example two of my sisters both have anxiety and they both worry too much on things that seem less severe or argent than . Anxiety is also known to make people faint or pass out due to an increase in adrenaline. How people have dealt with anxiety are taking deep breaths, doing calm/relaxing activities, calling a corporation/person who will help with anxiety, and doing activities you like.

Social anxiety can cause people to feel lonely and isolated. When you have social anxiety it makes things socialization very difficult. You might find yourself feeling very isolated and lonely. Loneliness is damaging to your overall health. Feeling connected and having a sense of belonging are needs we all have. When you have social anxiety and feel lonely, the two can feel at odds with one another with conflicting needs and feelings. When you socialize, your body can go into an apprehensive state, you feel on edge, and your thoughts can become loud and chaotic. Social anxiety can have an effect on your dietary health/habits like you could overeat or you could deprive yourself of food.

This is the evidence why Anxiety is a problem that many people face during the pandemic of 2020. Do you agree that anxiety is a problem that people face during the pandemic. If you don't agree with me, did I change your mind in any way? Thank you

for reading why I think anxiety is a problem that many people face during the pandemic of 2020.