

## RECOGNIZING THE SIGNS OF NEGATIVE MENTAL HEALTH

### Anxiety

Anxiety is a response of the organism to perceive a threat or danger. Anxiety taken to an extreme can cause panic attacks, so it is important that you work on learning to stay calm in times of anxiety.



### Stress

Stress is also a mechanism of defense of the body before a demand, usually external. If you live with stress daily, you may have muscle or body aches.



### Other Signs of Anxiety...

Fear, irritability, confusion, difficulty concentrating, repetitive thoughts, excessive self-criticism, forgetfulness, concern for the future.



### So, in summary...

It is essential to take care of mental health to avoid any disorder that may affect the quality of life, as well as to visit the doctor frequently.

