

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.

