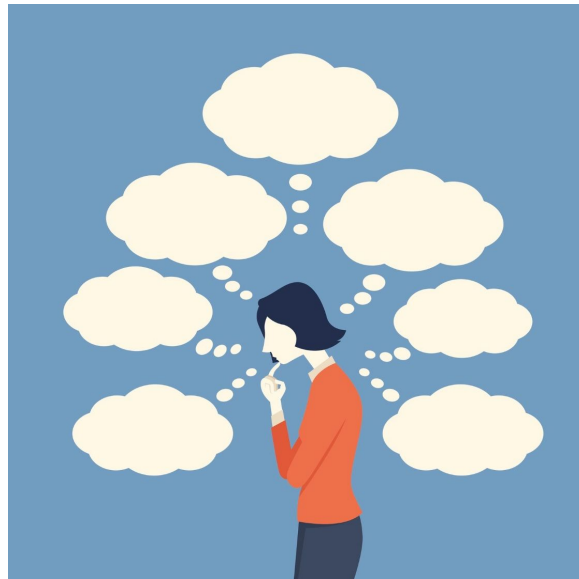


Podcast

Moaad

Anxiety



- Clarifying what anxiety is really about.
- Explaining how much anxiety is exhausting and absorbs a huge amount of energy.
- Discussing the suitable way to deal with anxiety.
- Showing that being anxious is not a big deal. It's just a matter of how you look at it.

A summary:

Anxiety is an ordinary sort of feeling that comes when being in the middle of a problem for example.

For some people, anxiety can turn into a disorder and become more exhausting. There are a number of helpful methods to deal with anxiety. Finally, it's fine having anxiety disorder.