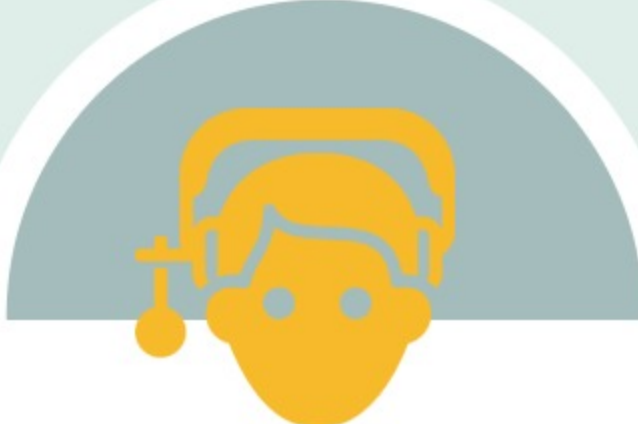


Self Treatment for Anxiety

Main causes of Anxiety are the following factors:



Trauma or Stress



Medical



Drug Abuse



Genetics

Costs of Mental Health Illnesses

 £105.2B

 \$467B

Self Treatment Options



Exercise



Talk



Breathe



Walk



Meditate



Bathe

Sources:
<http://www.medicalnewstoday.com/info/anxiety>
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/215808/dh_123993.pdf
<http://www.nimh.nih.gov/about/director/2015/mental-health-awareness-month-by-the-numbers.shtml>

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