

## 5 COMMON MYTHS ABOUT

# ANXIETY



### MYTH 1

**"ANXIETY ISN'T A REAL ILLNESS BECAUSE IT'S REALLY JUST AN EMOTION."**

When anxiety stretches far beyond the parameters of temporary discomfort, it's more than just a temporary feeling of normal, everyday anxiety. This type of persistent anxiety creates serious, life-affecting challenges that make it difficult for the person to participate in their normal, everyday routines.



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### MYTH 2

**"AN ANXIETY DISORDER WILL EVENTUALLY GO AWAY ON ITS OWN."**

People experiencing anxiety disorders may feel their symptoms ebb and flow, depending on what's happening in their lives. However, these fluctuations doesn't mean the person is completely "cured" or that the anxiety is gone forever. While it is possible for anxiety disorders to calm down over time, it's important to remember that anxiety can flare up and create issues for people at any given time of their lives.

### MYTH 3

**"IF YOU HAVE ANXIETY, YOU SHOULD JUST AVOID WHATEVER IT IS THAT MAKES YOUR ANXIETY FEEL TRIGGERED OR HEIGHTENED."**

The fact of the matter is that anxiety is unavoidable. People face all types of anxiety-causing situations everyday; feeling some stress and anxiety is a normal human experience. Similarly, if a person puts themselves into a situation where they never have to worry about experiencing something potentially stressful, they isolate themselves from living a truly exciting and fulfilling life.

### MYTH 4

**"ANXIETY DISORDERS ARE WEIRD BECAUSE THEY AREN'T VERY COMMON."**

Anxiety disorders are the most commonly diagnosed types of mental health illnesses in the United States of America. Almost 40 million American adults are currently living with some form of diagnosed anxiety disorder. That is roughly 20% of the adult population living in America.

### MYTH 5

**"SOCIAL ANXIETY ISN'T A REAL THING...THAT'S REALLY JUST WHEN SOMEONE IS BEING SHY."**

Social anxiety disorder is far more reaching than having shyness as part of your personality makeup. A person with social anxiety disorder is extremely consumed with the possibility that they could embarrass themselves or make themselves look foolish in front of a group of people. This fear begins to build into anxiety that is difficult to conquer; it may even persuade them to avoid social interactions or any situation where they may be required to socialize altogether. Unlike simple shyness, having social anxiety is a life-affecting condition.