

What Causes ANXIETY?

Is it Genetic? Environmental? No one knows.

The exact cause of anxiety is unknown and approximately **40 million adults** experience some form of anxiety disorder—ranging from generalized anxiety disorder (GAD) to post-traumatic stress disorder (PTSD).

There are many factors that may contribute to feeling anxious.

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Personality Type

Type A personalities are prone to experience this unease over others. The impatient, punctual, ambitious, competitive nature of type A personalities usually means more stress is placed on their daily lives.

Low Self-Esteem

Low self-esteem is linked to social anxiety disorder (SAD) and generalized anxiety disorder (GAD). Whether low self-esteem leads to anxiety disorders or the other way, it's clear that the two are connected.

Stressful Life Events

From work-related stress to problems with family and everything in-between, life can get downright stressful. If that stress turns into excessive worrying, even in the absence of a actual stressor, that's anxiety.

Substance Use

Some may "self-medicate" with alcohol or drugs to numb anxiety. It's so prevalent that GAD is known to overlap with substance use disorders. But, conversely, substance use can lead to an increase in anxiety.

Phys. Health Problems

From diabetes to heart disease, problems with your physical health can be stressful and lead to anxiety. The best way to prevent these problems is through improving your physical health, or seeking treatment

Caffeine Use

Who can go without their morning dose of caffeine? It can increase your alertness and give you a jolt of energy when needed. But too much caffeine leads to nervousness, irritability or, yes, even increased anxiety.