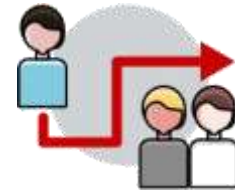


## When Does Anxiety Become A Problem?



If our amygdala becomes **oversensitive** or judges that there is a dangerous situation when there is none present



If, due to the activation of anxiety you begin to **avoid** more and more situations in life



If the level of anxiety **interferes** with your work, study, relationships, well-being or quality of life

