



How Anxiety

Effects you

&

Why it is SO

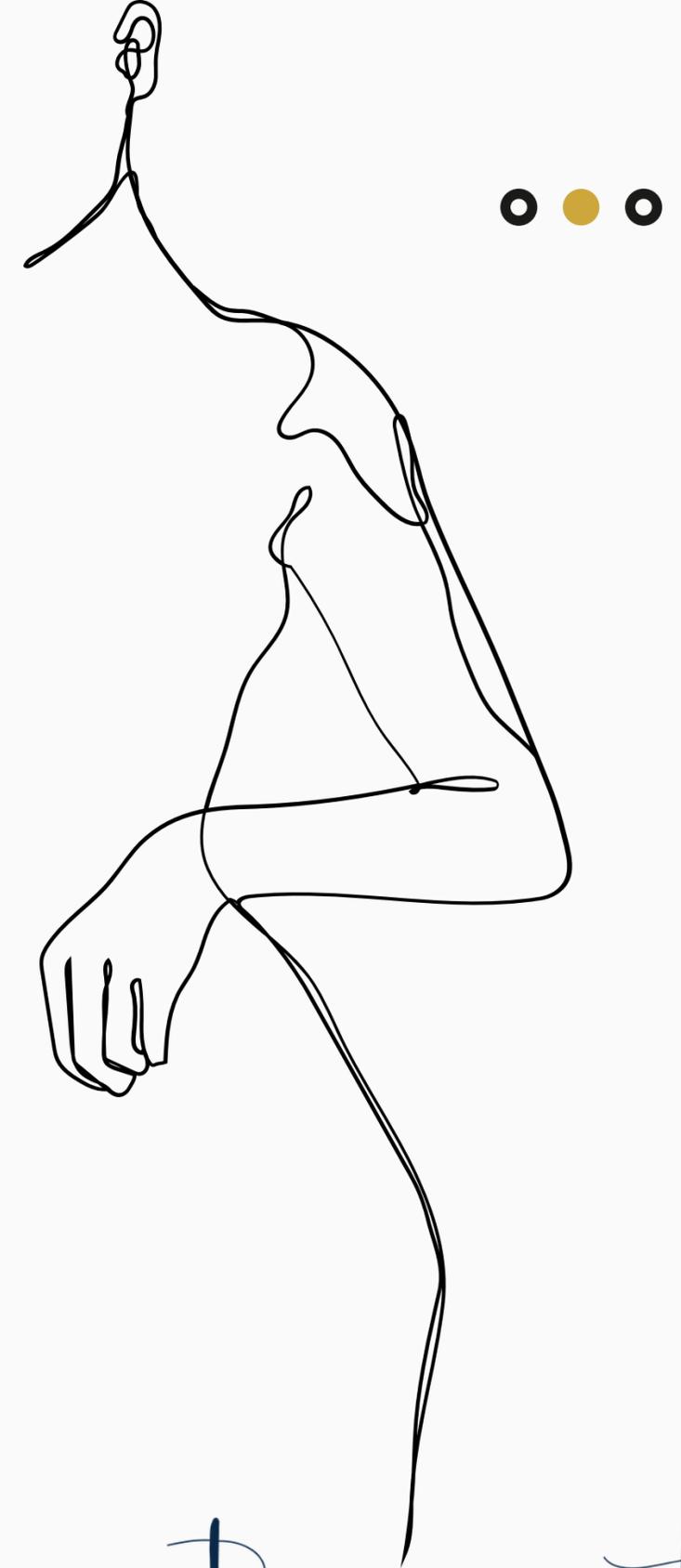
important to heal.

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PHYSICAL

- Major brain fog
- A sense of doom
- Panic attacks
- Headaches
- Irritability
- Depression
- Breathing problems
- Pounding heart
- Loss of libido
- Upset stomach
- Extreme fatigue
- Increased blood pressure
- Muscle aches and other pains
- Insomnia
- Lowered immune system
- Cardiovascular problems
- Respiratory system troubles



MENTAL

- Constant worry
- Your thoughts control you
- Unable to control the worries
- Trouble concentrating and paying attention
- Creating too many scenarios in the mind
- Uncontrollable overthinking
- Worries that seem way out of proportion
- Being unable to relax
- Avoiding people
- Withdrawing from friends and family
- Feeling annoyed, irritated, or restless
- Difficulty getting to sleep at night or waking up a lot throughout the night.

SPIRITUAL

- Rob us of the ability to enjoy our lives
- Hopelessness and shame
- We find it hard to stop obsessing long enough to enjoy a loving relationship
- Fail to find humor in life, or enjoy peaceful moments
- We cannot create, relax, or imagine a life without fear.
- Never truly living in the moment
- Numbing out life
- Always living in the future or past
- Meaningless days
- Missing out on some of the best moments that life has to offer
- The hardship can start to mess with your faith or your belief in higher power



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WHY is it SO
important to get
heal!

- ✓ Your life matters
- ✓ YOU matter
- ✓ You do not have to live a life with anxiety
- ✓ You deserve healing
- ✓ You deserve peace
- ✓ You will live a life of power and not pain
- ✓ Your mind will no longer control you
- ✓ You will reach unimaginable levels in your career and relationships
- ✓ Just because life has been a struggle, does not mean the rest of the way needs to be the same
- ✓ A healthy mindset is key to a great life



"I help professionals
end anxiety
permanently"

BIBINAZ ONSORI

THE InnerRoommate™
THE ANXIETY COACH

