

## **Subject 1: What is anxiety?**

Anxiety is excessive worry about a potential real or perceived threat that is difficult to control and causes distress or impairs normal functioning.

Anxiety disorders are the most common type of mental illness. An estimated 275 million people globally suffer from anxiety disorders (4% of the world's population).

### **Types of Anxiety:**

- separation anxiety disorder,
- selective mutism,
- specific phobia (snakes, spiders, clowns etc.),
- social phobia,
- panic disorder,
- agoraphobia,
- generalized anxiety disorder.

The latest mental health [diagnostic manual](#) now separates obsessive-compulsive disorders (OCD) and trauma related disorders (such as post-traumatic stress disorder) from anxiety disorders.

### **If you are concerned about anxiety**

Effective treatments for anxiety are available to help. Speak to your doctor or company provided counselling service for advice on the best option for you.

### **Do you want to find out more?**

The Generali Employee Benefits Network has partnered with FlourishDx to provide video and other resources on mental health and sleep health. Access these resources [here](#).