



[Anxiety Disorders](#)

Did you know that anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States, or 18% of the population? Over the years, anxiety disorders have become a growing issue in our society and more people need to be aware of it. I learned from what I read that there are many different anxiety disorders and was able to look closely into each one and see what takes place if someone has it and side effects. From my brief research, I realized that I really care about this topic because all throughout my high school career but more importantly this year, I have dealt with so much anxiety and for the longest time I thought I had some type of anxiety disorder. But after checking things out, I determined that I just have situational anxiety especially when it comes to school. So I can only imagine what people who have some sort of anxiety all the time feel like. Even though I cannot fully relate with anyone who suffers from this, I definitely sympathize with them. I have learned that side effects for different disorders vary between person and there is treatment available. I want to look more specifically into a few disorders and learn more about them and spread awareness and also look into the medications that are used for treatments and understand how they work. I am excited to keep exploring.