

Anxiety 101

In this video, we explore what the term “anxiety” means, and start to unpack how anxiety can be a physical experience, a mental experience, or a clinical illness. In this video we explore the following questions:

1. Why do we have anxiety?
2. What is anxiety?
3. Where does anxiety come from?
4. What is the process of anxiety in our minds?

References and further reading

- Tyrer, P. (1999). Anxiety: a multidisciplinary review.
- Krugers HJ, Karst H and Joels M (2012) Interactions between noradrenaline and corticosteroids in the brain: from electrical activity to cognitive performance. *Front. Cell. Neurosci.* 6:15. [Link](#).

Glossary

Dharma

Anxiety

Cognitive Anxiety

Physiologic Anxiety

Adrenaline

Meditation Videos



P01 - Nadi Shuddhi