

Wellness Tip: Understanding Anxiety



Anxiety is a universal human experience that can leave you feeling burned out, fearful, overwhelmed, drained, cynical, and dreading tomorrow; moreover, it can manifest in real physical symptoms like headaches and muscle tension. You are more likely to procrastinate when you're anxious. Anxiety is extremely common in medical training where expectations on performance are very high; these expectations can encourage a tendency toward feeling guilty, responsible, doubting oneself, and working excessively.

For information on options for dealing with stress, including some easy mindfulness and muscle relaxation exercises, visit <http://ephysicianhealth.com/?4&p=3>.