

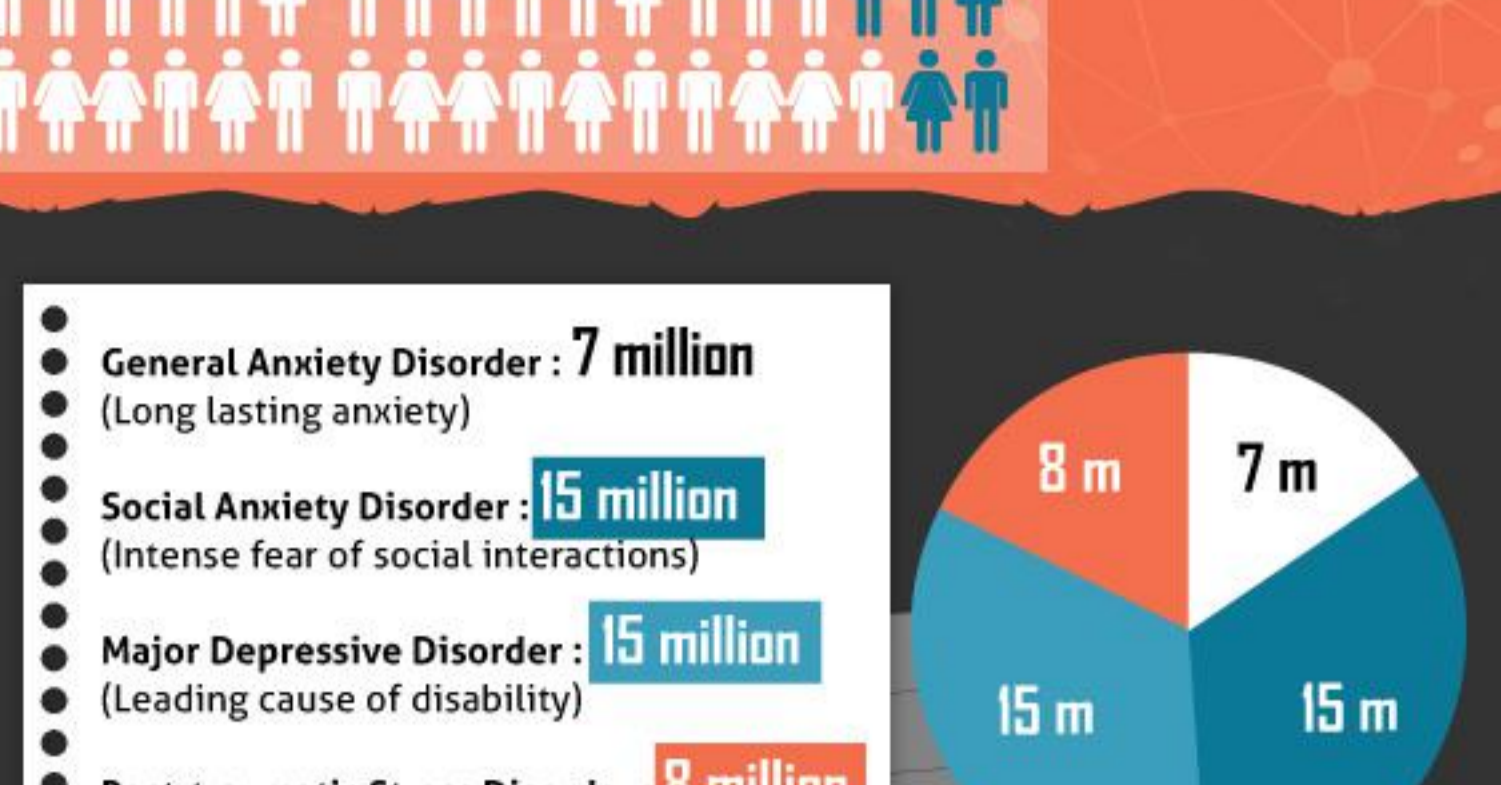
# RISE IN LEVELS OF ANXIETY IN A DIGITAL WORLD



## Feeling Anxious? You're Not Alone.

The more we connect through technology, the more disconnected we're feeling on the inside—and that's causing anxiety levels to climb. The good news – there are solutions to this problem which can actually make a huge difference to your life.

## ANXIETY DISORDERS (Most common Mental Illness in U.S.)



- **General Anxiety Disorder: 7 million** (Long lasting anxiety)
- **Social Anxiety Disorder: 15 million** (Intense fear of social interactions)
- **Major Depressive Disorder: 15 million** (Leading cause of disability)
- **Post-traumatic Stress Disorder: 8 million** (Extreme fear after traumatic event)



## WHAT IS ANXIETY DISORDER

Individuals with an anxiety disorder can experience psychological or physical symptoms or both.

### PSYCHOLOGICAL SYMPTOMS

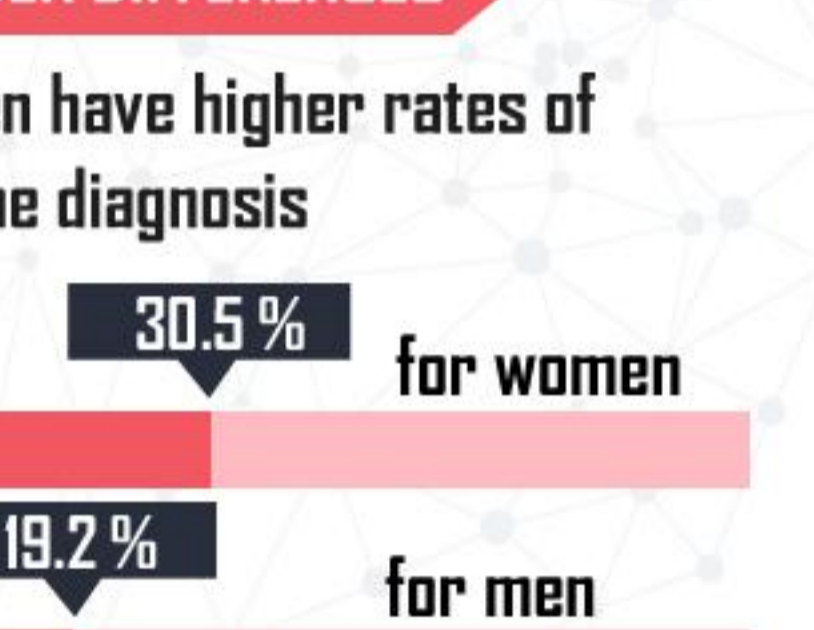
Stressed out, Burned out, Scared, Worried, Frightened, Panicky, Irritable

### PHYSICAL SYMPTOMS

Shaky, Disturbed sleep, Palpitations, Headaches, Chest tightness, Stomach "twisted up in knots"

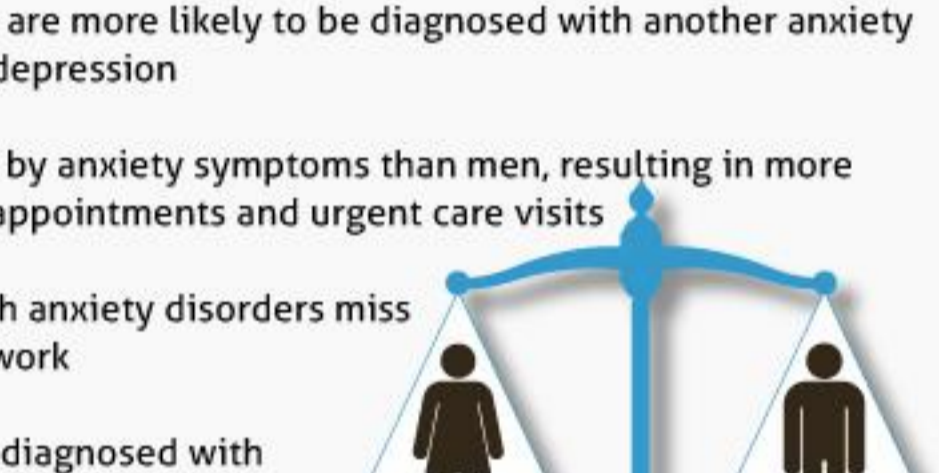
### ANXIETY DISORDERS... 1980

Are **20X** More Common Than **30 Years** Ago



### GENDER DIFFERENCES

Women have higher rates of lifetime diagnosis



- Women with anxiety are more likely to be diagnosed with another anxiety disorder, bulimia or depression
- Women are disabled by anxiety symptoms than men, resulting in more trips to ER, doctor's appointments and urgent care visits
- Women and men with anxiety disorders miss a similar amount of work
- Men and women are diagnosed with **SOCIAL ANXIETY DISORDER** at equal rates



### ANXIETY DISORDERS... AFFECT NEARLY 1 IN 4 MILLENNIALS



**2X** as likely to see a mental health care professional (Teens in the 2010s vs. 1980s)



### ANXIETY DISORDERS... ARE FUELED BY TECHNOLOGY

**45%**

**50%**

**73%**

Of people feel "worried or uncomfortable" without email or Facebook

Of mobile users get anxious without their phones

Would panic if they lost their smartphone

**9 IN 10** panic when their phone battery drops below **20%**

**2 IN 3** adults suffer from **NOMOPHOBIA**

### ANXIETY DISORDERS... ARE LINKED TO WORKPLACE STRESS

**41%**

**40%**

**8 IN 10** Americans are stressed about their jobs

OF EMPLOYEES REPORT HIGH ANXIETY LEVELS IN THE WORKPLACE

REPORT WORKING 55 OR MORE HOURS PER WEEK = NEARLY 2X MORE ANXIETY

### ANXIETY DISORDERS... AFFECTS PEOPLE'S DAILY LIVES

● **Health:** **5X** more likely visit their family practitioners

● **Job Performance:** **56%** of employees say it hurts their work

● **Peace of Mind:** **5X** more time spent worrying

General worries: **55 min.** per day

Anxiety Sufferers: **300+ min.** per day

● **Academic Achievement:** **8X** more likely to be behind in school

● **Drug And Alcohol Use:** **3X** more likely to be dependent on alcohol



**YOGA** **30%** Anxiety reduction

**PSYCHOPHARMACEUTICALS**

Up to **73%** Success rate

● **COGNITIVE BEHAVIORAL THERAPY**

Up to **80%** Success rate

● **NOOTROPICS**

The success rate depends on the drug type and individual user response.

Nootropics are becoming increasingly common among the population.

High quality nootropic supplements help in increasing mental performance and decreasing anxiety.

Those who did not give them a chance to enhance their mental acuity are missing the opportunity to optimize their body/mind potential.

### ANXIETY DISORDERS... RECOVERY TIPS

**EXERCISE**

Reduces likelihood of anxiety by 25%

**SLEEP**

An extra 60 – 90 minutes a night can help reduce anxiety

**BREATHE IT OUT**

Stop what you're doing and try to clear your thoughts. Focus on your breathe.

**MEDITATE**

Can improve anxiety symptoms within 8 weeks

**TAKE A WALK**

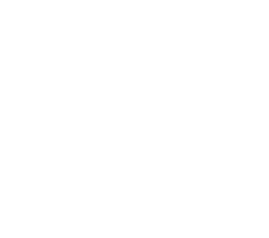
Taking a walk can help to calm the mind

**EAT WELL**

Vitamin D can help lower the risk of panic disorder by 67%

**UNPLUG**

6 in 10 people report needing a break from technology



### References

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