

Anxious People

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Dealing with Grief:



Physically



Emotionally



Mentally



Behaviorally



Socially



Spiritually

Stages of Grief:

1.

Denial

2.

Anger

3.

Bargaining

4.

Depression

5.

Acceptance

Anxiety

Anxiety itself is a **natural emotion** felt by the average person in times of stress and can be **beneficial** in some scenarios. Anxiety disorders can appear differently in each person, but usually center around an **excessive** amount of anxiety or irrational fears. Anxiety disorders can impact a person in a **variety** of ways, with some displaying **high-functioning** behaviors or **low-functioning** behaviors. Low-functioning behaviors include traits that **severely** impact a person day to day and can impact relationships and work.



Friendship

The definition of friendship is "a relationship of **mutual affection** between people." It is a stronger form of interpersonal bond than an **acquaintance** or **association**. Friendship is very important as **human connections** are an essential part of a fulfilling life and they bring more joy into our lives than virtually anything else. Friendships have a huge impact on **happiness** and **mental health** and they can increase the sense of **belonging and purpose**. Friendship is an opportunity to love, learn about yourself, mature as a human being, and open up to the full experience of life.



Forgiveness

Forgiveness is the response to **mistreatment**, involving the "**wronged party**" moving past a transgression committed by the "**culpable party**." When a **morally wrong act** is committed, the wrongdoer can either be forgiven or reproached, although it is generally accepted that the act of forgiveness can ease the **conscience**. Holding onto grudges can cause negative emotions, such as **hostility**, **resentment**, and **vengeance** to take root, which is why it's beneficial to move forward in order to improve one's health. Studies show that the **act of forgiveness has numerous benefits**, including the reduction of pain, blood pressure, anxiety, depression, and stress.



Hope

Hope is defined as "a feeling of expectation and desire for a certain thing to happen." It is seeing new **opportunities** within struggles, rather than letting problems cause challenges. Hope creates **purpose**, **inspiration**, and **passion** in life, and is crucial in order to obtain happiness, health, relationships, and reducing stress. It can greatly impact mental health and bring **fulfillment**. Hope causes **motivation**, which is why it is so important, no matter a person's age or lifestyle. It may not necessarily mean everything works out, but a hopeful person can move past bad times, moving forward with optimism to brighter days in the future.



About the Author

1. Fredrik Backman is a Swedish author born June 2, 1981
2. His other well-known titles include A Man Called Ove, My Grandmother Asked me to Tell you she's Sorry and Beartown
3. His books have been published in over forty countries
4. Backman Currently lives in Stockholm Sweden with his wife and two kids
5. A Netflix series has been made based off his novel, Anxious People

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