

Anxiety Report by the NEO Chi Institute

www.neochi.org

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The non-profit NEO Chi Institute provides educational and support services to address anxiety and stress in our communities. Our report summarizes and discusses the demographics and results of a survey provided by 238 people (16.32% 18-24; 43.93% 25-34; 31.80% 35-44; 6.69% 45-54 and 1.26% 55-64). These anonymized results are initially shared with those of you who answered our questions. We would appreciate your taking the time to provide us your feedback and additional perspectives that can make these results more helpful and relevant for those struggling with anxiety and stress.

ANXIETY AND FEAR - 53.36% of you feel anxious once a week and 16.81% a few times a week.

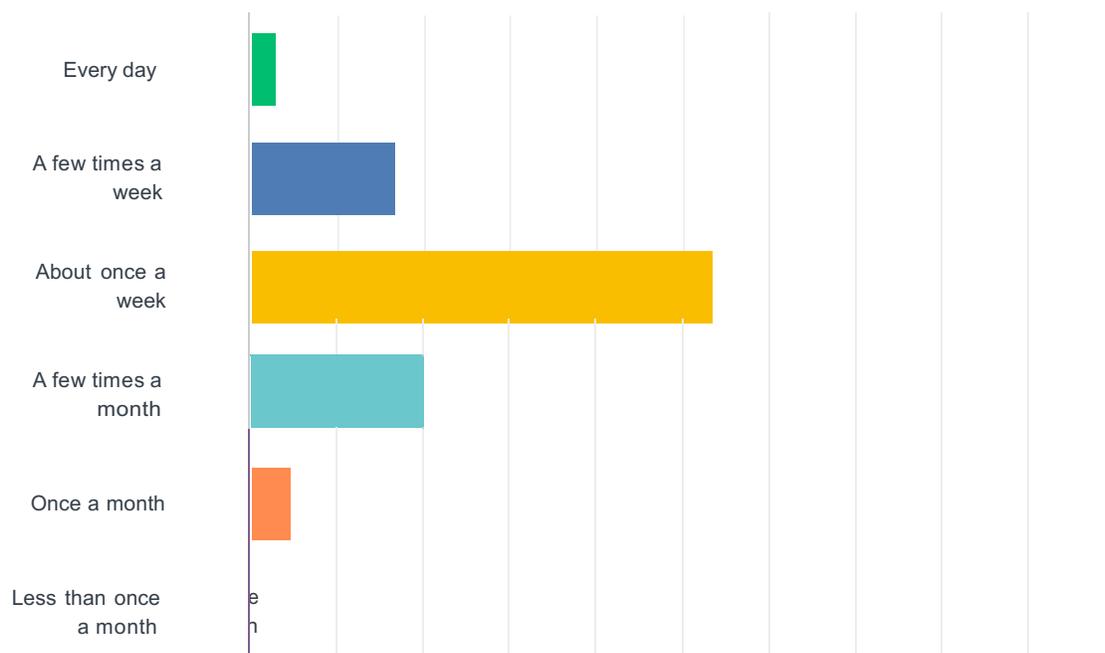
Anxiety disorders are the most common mood dysfunctions, affecting over 40 million adults in the United States age 18 and older, or 18.1% of the population every year. While no one seems to have an exact answer as to why anxiety is so common, many attributes this presumed increase in anxiety disorders to factors such as social media, poor sleep habits, low self-awareness and empathy and currently enhanced by the COVID-19 pandemic. Reported medically-diagnosed anxiety has increased from about 5% in 2008 to 7% in 2018 ($p < 0.0001$) among adult Americans.

To regulate and alleviate anxiety, we recommend you to read and practice this approach:

<https://neochi.org/3-strategies-to-keep-anxiety-away-during-free-time>

Q1 How often to you feel anxious and fearful about your life and your future?

Answered: 238 Skipped: 1



0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

FREQUENCY OF INTERACTION WITH NATURE - 39.08% of you interact with nature only once a month, while 25.21% once a week and 25.21% less than once a month

Whether it means sitting in a bench in the park or going for a thrilling white water rafting adventure, finding time to spend outdoors has lots of benefits including:

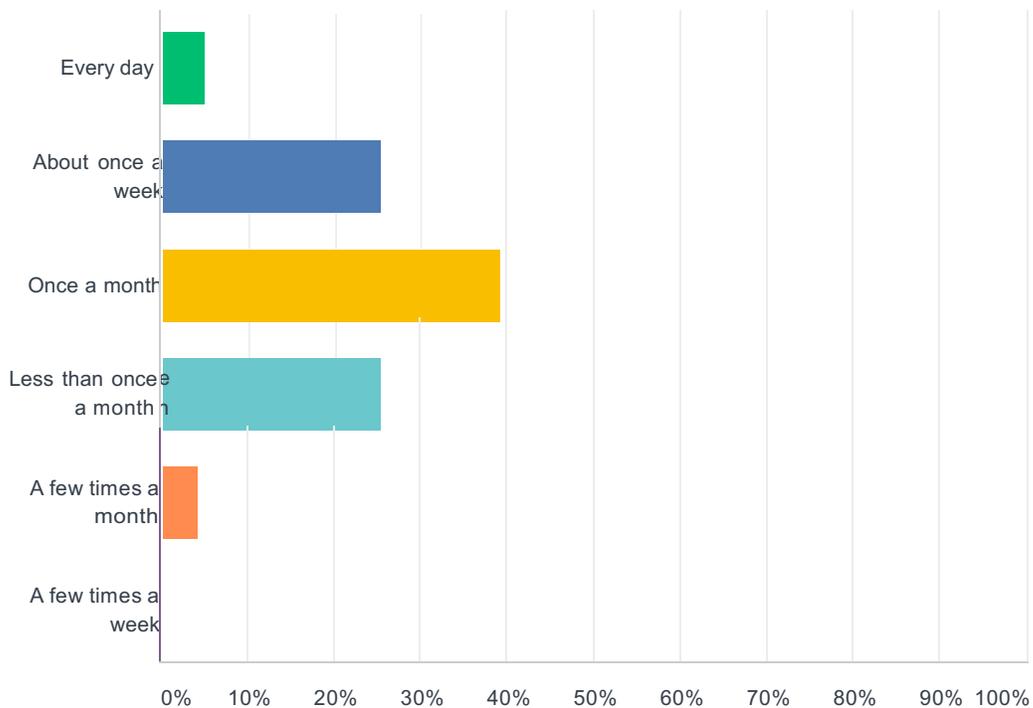
- Increased energy
- Reduced stress
- Improved mood
- Improved cognitive performance

Read this article and learn how you can start putting nature amongst your priorities and feel more positive and invigorated: <https://neochi.org/5-awesome-benefits-from-connecting-with-nature>



Q2 How often do you interact with nature?

Answered: 238 Skipped: 1



EMPATHY TOWARDS OTHERS - 58% of you feel normal empathy for others while 28.39% of you feel high empathy for others

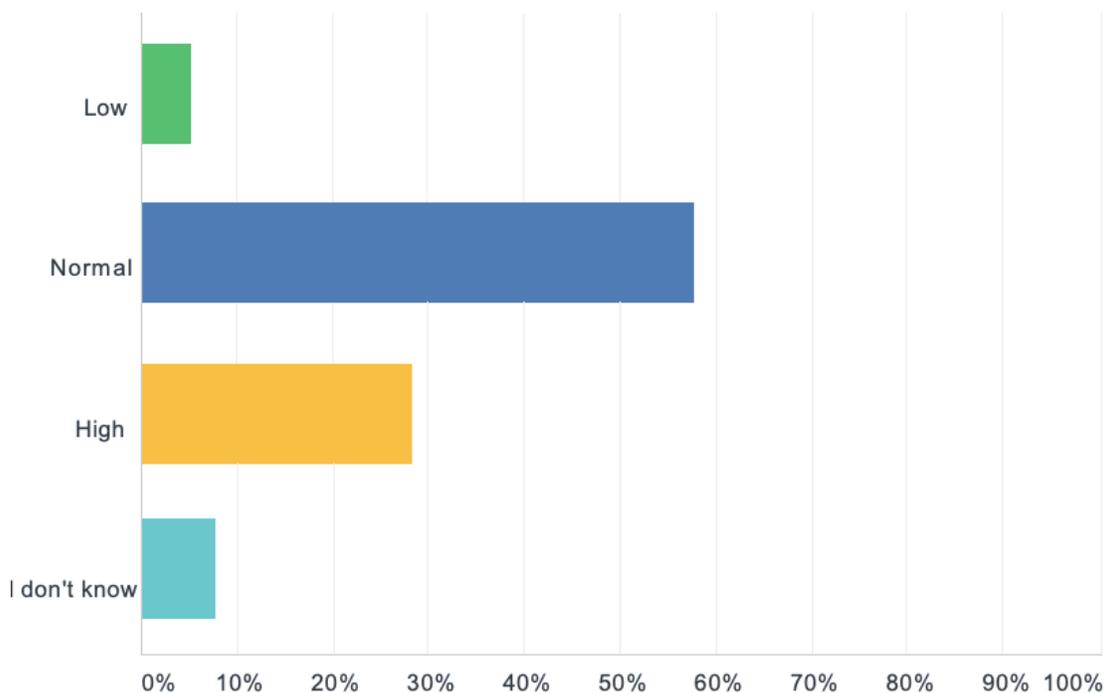
Empathy is a critical life skill, it helps us understand how others feel so we can connect with them appropriately. Being empathetic towards others has many benefits: It reduces **stress** and fosters resilience, trust, healing, personal growth, creativity, learning and nourishing connection. Empathy transforms conflict and supports sustainable collaborative action and positive social change.

Empathy also helps us to communicate our ideas in a way that makes sense to others, and it helps us understand others when they communicate with us. It is one of the foundational building blocks of great social interaction and, quite obviously, powerful stuff.



Q3 How's your empathy towards others?

Answered: 236 Skipped: 3



EXERCISE - 21.43% of you exercise once a week, while 42.86% about once a week and 21.43% a few times a week. Only 4.20% of you exercise daily.

According to [new data from the Centers for Disease Control](#), only about 23 percent of all U.S. adults get the recommended amount of exercise per week. That's 150 minutes of moderate intensity aerobic exercise, plus two bouts of muscle-strengthening exercise.

This means that less than a quarter of Americans are meeting all national physical activity guidelines.

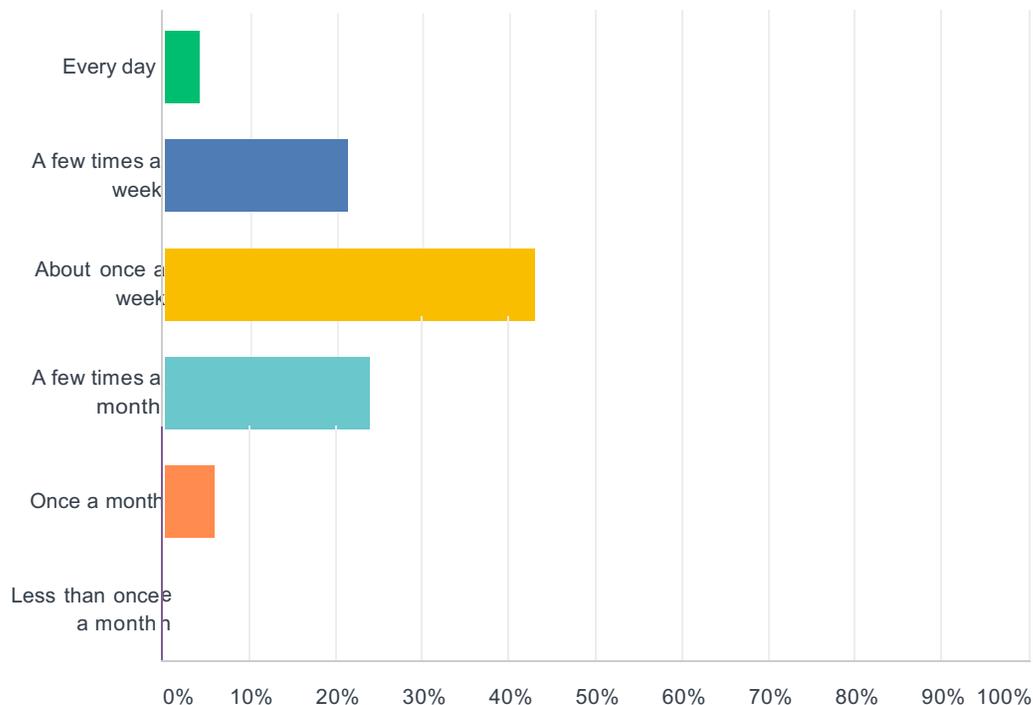
It is an alarming rate, particularly when we know that regular exercise has many benefits including:

- Strengthens your heart, increasing blood flow and raising oxygen levels in your body, which helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack
- Lowers your blood pressure and triglyceride levels
- Improves your memory and brain function (all age groups)
- Aids in **weight management**; Improves joint pain and stiffness; improves your quality of sleep
- Reduces feelings of anxiety and depression



Q4 How often do you exercise?

Answered: 238 Skipped: 1



NUTRITION - 54.43% of you are a little conscious about their nutrition, while 30.38% don't pay any attention to it and only 8.86% are very conscious about what they eat.

If you haven't read the book "[You are what you eat](#)". I recommend you do so. The book is a national bestseller that has changed the way people think about food and nutrition and change their lives. We recommend you read our [BLOG](#) called 4 Natural Boosters of Serotonin, our Emotional Fluid and why adding more fruits, vegetables and legumes can contribute to a healthy gut and a stronger immune system.

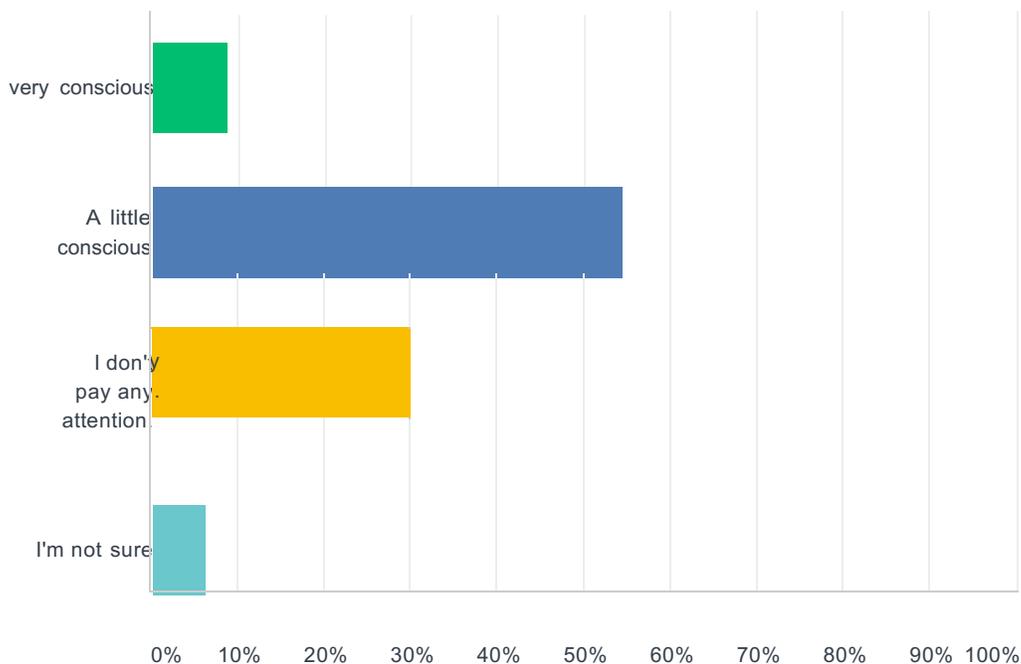
Other benefits of having a healthy diet include:

- Reduction of cancer risk
- Better mood
- Improved memory
- Weight loss
- Diabetes management
- Strong bones and teeth
- Better sleep
- Better health of your children and next generations



Q5 How conscious are you about your nutrition?

Answered: 237 Skipped: 2



HOW YOU FEEL ABOUT YOUR LIFE - 50% of you are neutral about how you feel about your life while 25.69% are positive and only 5.93% very positive. 13.98% of you are however negative about your life and 13.98% very negative.

If it were in our power, we would give you all a boost of positive energy and motivation. We would spend time with each of you guiding you towards improving the way you feel, building self-confidence and self-esteem and find the strength to go after your dreams.

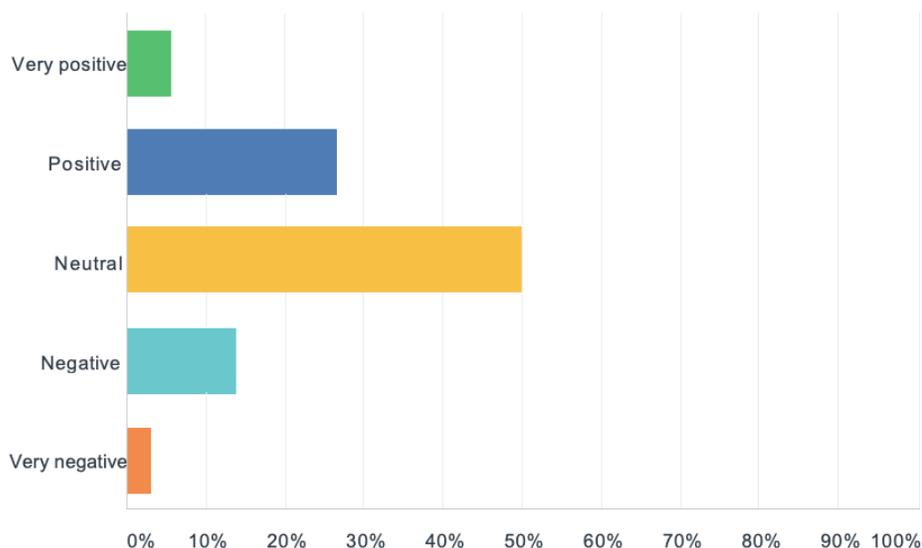
I understand that sometimes we feel overwhelmed, tired, depressed and disappointed, and that we may think about giving up. Nothing is worth giving up when we understand the value of life itself. Remember that whatever you may be going through is only temporary. Everything eventually goes away. It just takes patience to be able to go through the dark times with strengths and the determination that we will do all we can to be ok, no matter what.

Also remember that YOU ARE ENOUGH. Stop comparing yourself to others. They often only show their good side. You do not know what's happening behind curtains. Cherish yourself and go after your dreams and never stop believing that all is possible.



Q6 How do you feel about your life?

Answered: 236 Skipped: 3



SELF-CONFIDENCE - 38.89% of you are very confident, while 40.60% are somewhat confident. Only 3.85% are extremely confident and 2.14% not confident at all.

Self-confidence is the most important quality for building new relationships. A lack of self-confidence will prevent you from feeling strong enough about yourself to take action on things that matter most to you. It is therefore a critical skill to sharpen if you suffer for a lack of it.

Low self-esteem has been shown to lead to mental and physical health issues like depression, anxiety, and anorexia. It can also lead to unhealthy habits like smoking tobacco, alcohol abuse, or drug use.

A low self-esteem can also reduce the quality of a person's life in many different ways. The constant self-criticism can lead to persistent feelings of sadness, depression, anxiety, anger, shame or guilt.

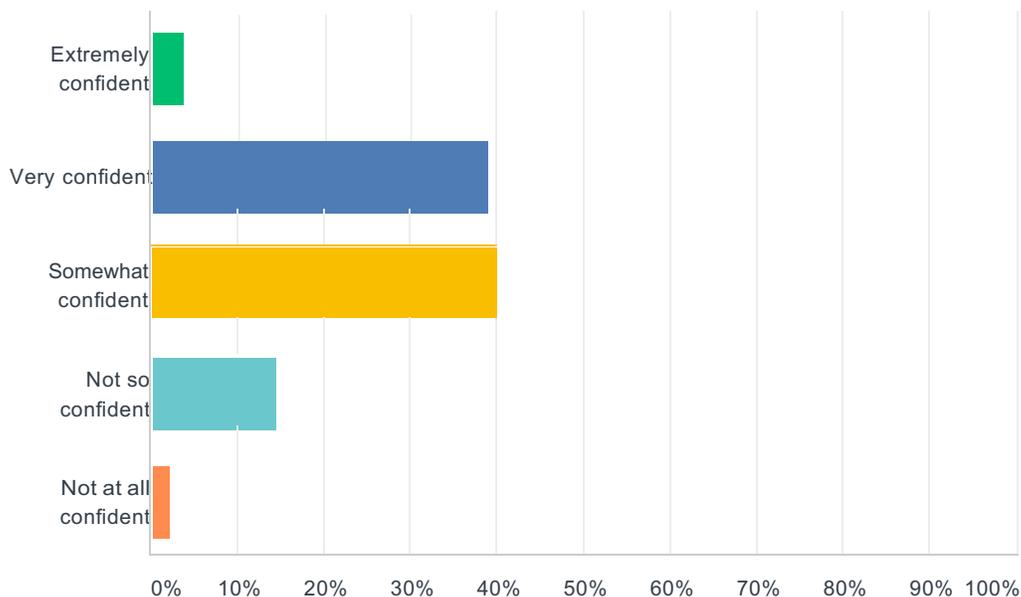
Here are a few tips to help you build self-esteem:

- Use hopeful and positive statements every day.
- Treat yourself with kindness and encouragement.
- Forgive yourself. Nobody's perfect.
- Avoid 'should' and 'must' statements. Let go of the past, you can't change it.
- Focus on the positive.
- Consider what you've learned and move on.



Q7 What is your level of self-confidence?

Answered: 234 Skipped: 5



THANK YOU AGAIN FOR YOUR PARTICIPATION!

We hope you will find this article helpful

If you are interested in learning more about the NEO Chi lifestyle, or to get assistance and guidance in specific areas of your life, here are a few things you can do:

1. Download our FREE Kindle book "[Mindful Framing](#)" on Amazon.
2. Attend our [FREE monthly webinars](#)
3. Read our [BLOGs](#) on my website
4. Schedule a [FREE consultation](#) with Doc. Segurado

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