

There is more
to me than...

My
Anxiety

MENTAL HEALTH WEEK
May 5 - 11, 2025



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*

Anxiety is a common mental health condition that affects how people feel and behave. It involves feelings of worry, fear, and unease that can be intense and persistent. While it's normal to feel anxious in certain situations, such as before a test or when speaking in public, anxiety becomes a concern when it interferes with daily life and activities.

For more information and to access our Mental Health Week Toolkit, please visit our website or scan the QR Code.



www.moodmb.ca