



True or False?! ---

An estimated 184 million people worldwide experienced an anxiety disorder in 2017, making it the most prevalent mental health disorder around the globe.

True or False

Stress is a hormonal response from the body. The hypothalamus sends signals throughout your nervous system and to your kidneys which releases adrenaline and cortisol.

True or False

We use all parts of our brain. We're even using more than 10 percent when we sleep.

True or False

There is only one type of Anxiety Disorder - Social Anxiety

True or False

1 in 20 young people in Australia aged 4-17 experienced an Anxiety Disorder in 2005.

True or False

Experts estimate that the mind thinks 50,000 thoughts per day, which means about 2100 thoughts per hour.

True or False

Women appear more prone to stress than men.

True or False

Stress can overwhelm your mind with constant worry.

True or False

1 in 8 young Australians has a mental health condition

True or False