

# Anxiety on the rise - Take command of your anxiety!

## Take command of your anxiety



**Los Angeles, California Aug 3, 2022 ([Issuewire.com](https://www.issuewire.com))** - The Anxiety Commander is a superb value-add initiative for lives in pandemics. If the pandemic has left you feeling anxious, stressed, or filled with fear of leaving the house you are not alone. People are suffering from heightened levels of anxiety, stress, and panic attacks not to also mention the number of people suffering from social anxiety and agoraphobia is skyrocketing. If you are looking for support right now, a new [website](#) is active and ready to help.

The Anxiety Commander, who also suffers from heightened levels of [anxiety](#) and panic attacks, created the webpage as a safe place for people to hear from others who have mental health conditions, get expert advice from those in the field, and most importantly ensure that everyone knows they are not alone.

People are encouraged to share their stories, both good or challenging, with posts or video uploads. Specialists are interviewed by the Anxiety Commander and cover a wide variety of topics including.

- Panic attacks
- Extreme Anxiety
- Social Anxiety
- Generalized Anxiety Disorder
- Anxiety with agoraphobia
- Panic
- Stress Attacks
- Anxiety attacks
- Fear
- OCD
- Bi-polar Disorder

People with anxiety disorders tend to feel as if they are all alone in their struggles. It is common for this feeling of isolation to only create or worsen the symptoms they already have. The Anxiety Commander website and blog do a great job of providing frequent updates along with an active community of people that post their own stories which enable others to comment and share.

There are even short videos that enable you to practice mindfulness right along with the channel host. Mindfulness can be lonely sometimes, the host says, and having somebody to practice with can be a great feeling.

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