

A Holistic Perspective

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Finally, worry may have a much simpler explanation. This theory poses that it may be the result of negative influences to the human organism. If that is the case, then you probably already know what the solution may be.

Our final theory is one that might be more familiar to you. This theory simply states that worry (and stress, anxiety etc.) all arise as a result of imbalance and general lack of wellbeing. For this way of thinking, the human being is a complex organism, the health of which relies on the health of several interlocking systems.



The banner features a bright orange background. At the top center is a white icon of a beaker with a flame, followed by the word 'EXPLORABLE' in a white, sans-serif font. Below this, the phrase 'Quiz Time!' is written in a white, cursive font. At the bottom, there are three white-bordered boxes, each containing a different image and a quiz title. The first box shows a pair of red roller skates on a wooden deck, with the text 'Quiz: Psychology 101 Part 2'. The second box shows a fan of colorful pencils, also with the text 'Quiz: Psychology 101 Part 2'. The third box shows a Ferris wheel at sunset, with the text 'Quiz: Flags in Europe'. To the right of these boxes is a white button with the text 'See all quizzes =>'.

When Does Worry Occur?

This means that worry is more likely when nutrition or sleep quality is poor, when there is a lack of social support, when work or relationships are unfulfilling, or when the person is forced to endure an unsupportive environment.

What's the Solution?

Here, worry can have emotional, physical, cultural, even spiritual components. When worry is understood this way, the solution appears to be to balance the entire person's sense of wellbeing across all areas.

What About You?

What do you think? Does this theory ring true when you think about your own worry?

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