

## Taking Charge of Your Anxiety

Lyndsay T. Wilson 16K reads

You are off to a great start! Now that you have learned so much, it is time to get ready and take things into your own hands.

Congratulations! You've made it through the first part of the course – now here's where things start to get interesting...



The banner features the Explorable logo (a flask icon) and the text "EXPLORABLE Quiz Time!". Below the logo are three quiz cards:

-  Quiz: Psychology 101 Part 2
-  Quiz: Psychology 101 Part 2
-  Quiz: Flags in Europe

[See all quizzes =>](#)

## What You've Done so Far

So far, we've had a look at definitions of stress and briefly considered theories about why people stress. Of course, worry and anxiety are not just theoretical – they're real, lived experiences!

## What's Next

To take charge of your own worry, it's necessary to dive in and try the theories on for size yourself. Even if you're not completely self-confident by this point, remember that now that you have the base knowledge, you also have the foundation to act and succeed.