

LONG TERM EFFECTS OF CHRONIC ANXIETY

Long-term anxiety may damage the brain and cause further anxiety. When an anxiety disorder remains untreated, the following decrease in size:

- Dorsomedial prefrontal cortex
- Anterior cingulate
- Hippocampus
- Dorsolateral prefrontal cortex
- Orbitofrontal cortex

The longer the anxiety goes untreated, the smaller and weaker they become. These changes affect symptoms and create anxious thoughts. Those with anxiety may feel their thoughts are completely natural when, in reality, the brain is contributing to the negative thinking. (Calmclinic.com)