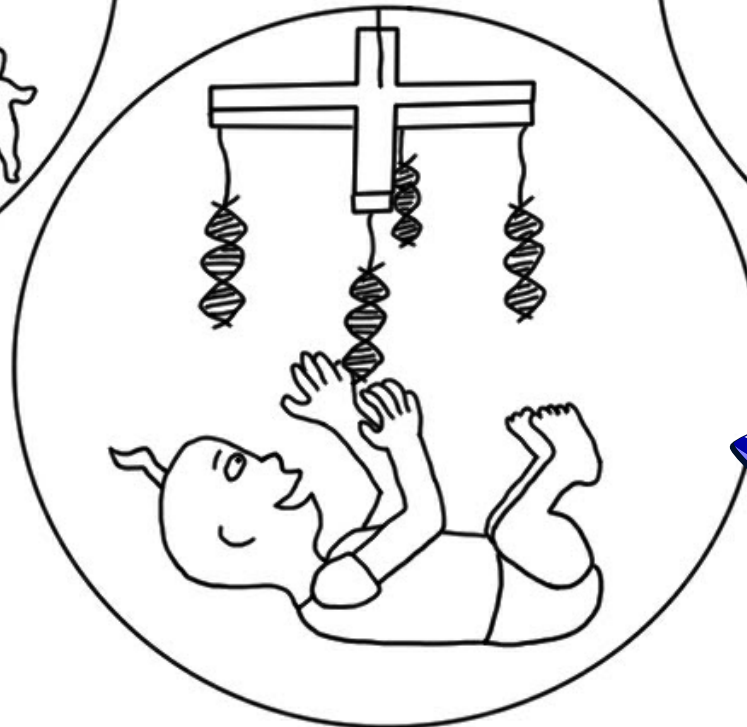
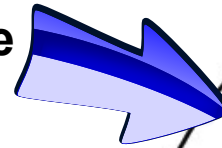


So why do some of us feel more anxious and worried than others?
What decides how we react to events, challenges and problems in our life?
Three of the main factors are shown below.



People who have influenced us

Events in our life



Our genetics

