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 What Causes Anxiety? 14 Things That Can Make You Feel Anxious
 There are many different causes of anxiety, fear or panic and it's different for everyone. When you're feeling anxious or scared, your body releases stress hormones, such as adrenaline and cortisol. This can be helpful in some situations, but it might also cause physical symptoms such as an increased heart rate and increased sweating.
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 If you're having lots of panic attacks at unpredictable times and there doesn't seem to be a particular trigger or cause,

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 A high level of caffeine alters the level of serotonin in the brain resulting in depression. It also causes nervousness and anxiety. People who suffer from anxiety should avoid coffee and opt for other drinks such as green tea.
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The Causes Of The Panic

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