



NeuroSync Academy

CPD ARTICLE FOR HEALTH PROFESSIONALS

Anxiety and the Nervous System: A Clinical Overview of Causes, Dysregulation, and Regulation

Anxiety is on the rise — but how well do we understand its root cause?

This accredited CPD article takes you beyond symptoms and into the science.

*Understand how the autonomic nervous system drives anxiety
Explore brain regions, neurotransmitters, and the stress response
Learn how trauma, dysautonomia, and neuroplasticity affect patients
Discover clinical tools for nervous system regulation and patient care*

✓ **2 CPD CLINICAL Points (HPCSA Accredited)**
✓ **Practical. Scientific. Professionally Relevant.**

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