A –It sounds like you have chronic anxiety. It's a sort of anxiety that doesn't cause panic attacks or obvious disorders, and it's probably not conscious. Most people's minds are pretty unfit. When the mind isn't trained up it stumbles along, trying to cope with things from moment to moment, and it worries. Everyone is different, and we respond to this anxiety in different ways. Some people get low in confidence and self esteem, are distracted easily and hence forgetful, some feel constantly fatigued and worn down by anxiety about the unknown and unexpected, and often that they cannot cope or cannot be bothered; things are just too confusing, so what's the point?

You can address this problem with Intal techniques to get your brain back into a healthy, energetic state that can cope competently.