

## Research notes and how they should look

**My Research Question: Why is there such a lot of anxiety in the modern world?**

**Answer to my question: (once I find an answer) ....**

### Source #1

#### URL

<http://www.telegraph.co.uk/health-fitness/body/anxiety-the-epidemic-sweeping-through-generation-y/>

**Title** The Telegraph newspaper article titled:

Anxiety: the epidemic sweeping through Generation Y

#### Easy Bib Citation:

Dove, Rachael. "Anxiety: the Epidemic Sweeping through Generation Y." *The Telegraph*, Telegraph Media Group, 1 June 2017, [www.telegraph.co.uk/health-fitness/body/anxiety-the-epidemic-sweeping-through-generation-y/](http://www.telegraph.co.uk/health-fitness/body/anxiety-the-epidemic-sweeping-through-generation-y/). Accessed 6 June 2017.

Notes, notes, notes

I have tried yoga, self-help books and **Headspace**, a **mindfulness** app, to calm the anxious thoughts that plague me. Those thoughts tend to be irrational, and although they are not nearly as bad as they were when I was a student, now, at the age of 25, they overwhelm me whenever I'm feeling tired or stressed, though I don't tell anyone about it much.

They include, but are not restricted to, a fear of failure, disappointment, not being good enough and not being liked. I worry that I don't know who I am, that I look fat. I put off opening my post and checking my bank balance because it makes me feel so nervous. Towards the end of my degree just going to lectures had me out in a rash

Pages of notes = important info that you did not know before finding this.

### Source #2

Website or book or Ted Talk or.... Named here

Easy Bib Citation of source

Notes, notes, notes...

### Source #3

Website or book or Ted Talk or.... Named here

Easy Bib Citation of source

Notes, notes, notes....

**Source #4**

Website or book or Ted Talk or.... Named here  
Easy Bib Citation of source

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