**Anxiety**



Anxiety is a normal human emotion that everyone experiences at times. Many people feel anxious, or nervous, when faced with a problem at work, before taking a test, or making an important decision. Anxiety disorders, however, are different. They can cause such distress that it interferes with a person's ability to lead a normal life.

An anxiety disorder is serious. For people with anxiety disorders, worry and fear are constant and overwhelming, and can be crippling.

**What Are the Types of Anxiety Disorders?**

There are several recognized types of anxiety disorders, including:

**Panic disorder**: People with this condition have feelings of terror that strike suddenly and repeatedly with no warning. Other symptoms of a panic attack include sweating, chest pain, and a feeling of choking, which may make the person feel like he or she is having a heart attack or "going crazy."

**Obsessive-compulsive disorder** (OCD) People with OCD are plagued by constant thoughts or fears that cause them to perform certain rituals or routines. The disturbing thoughts are called obsessions, and the rituals are called compulsions.

**Social anxiety disorder**: Also called social phobia, involves overwhelming worry and self-consciousness about everyday social situations. The worry often centers on a fear of being judged by others, or behaving in a way that might cause embarrassment or lead to ridicule.

**Specific phobias**: A specific phobia is an intense fear of a specific object or situation, such as snakes, heights, or flying. The level of fear is usually inappropriate to the situation and may cause the person to avoid common, everyday situations.

**Generalized anxiety disorder**: This disorder involves excessive, unrealistic worry and tension, even if there is little or nothing to provoke the anxiety.

**Anxiety as a stage in a traumatic process:** Non-specific anxiety may be a symptom and a normal stage in a process involving traumatic events. A person may be afraid of many things, or have anxiety in general.

**Symptoms of Anxiety Disorders:**

* Feelings of panic, fear, and uneasiness
* Uncontrollable, obsessive thoughts
* Repeated thoughts or flashbacks of traumatic experiences and nightmares
* Ritualistic behaviors, such as repeated hand washing
* Problems sleeping
* Cold or sweaty hands and/or feet
* Shortness of breath
* Palpitations
* An inability to be still and calm
* Dry mouth
* Numbness or tingling in the hands or feet
* Nausea
* Muscle tension

**How Are Anxiety Disorders Treated?**

Fortunately, much progress has been made in the last two decades in the treatment of anxiety disorders. Although the exact treatment approach depends on the type of disorder, one or a combination of the following therapies may be used for most anxiety disorders:

**Psychotherapy and counseling** addresses the emotional response to mental illness. Behavioral therapy helps people by talking through strategies for understanding and dealing with their disorder.

**Medication** : Drugs should be used only to reduce the symptoms of anxiety disorders. Unfortunately, it lead to addiction because, drug use goes on for much longer than would be useful

**Seek professional help**

If dietary and lifestyle changes as well relaxation therapy aren’t enough, seek help from a mental health professional. Learning about your options will help you decide what measures are most likely to work best for your particular situation and needs.

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