Facts about Anxiety Disorders

by NEWLIFEOUTLOOK TEAM

What Are Anxiety Disorders?

Sometimes, working through your thoughts logically can help. For instance, if you're in a room and the room seems to start closing in or feeling tight, try to think about the actual air flow. There's probably a form of ventilation, there's a lot of air within the room, and the people in that room aren't using all of the oxygen they inhale; part of the oxygen in the air that is inhaled is exhaled as waste. So, there's no risk for suffocation at all. Thinking through something logically and looking for areas you can use that conflict with your negative thoughts is one way to help you cope when you start to feel an anxiety attack come on.

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Anxiety disorders are the most common psychiatric disorder in the US.
with 19 MILLION affected adults.
People with an anxiety disorder are six times more likely to be hospitalized for psychiatric disorders than non-sufferers.
Overall, anxiety disorders are associated with a 3 fold increased risk for suicide attempts.
ANXIETY DISORDERS ARE FREQUENTLY COMBINED WITH OTHER DISORDERS...
59.2%
70%
THERE ARE SEVERAL TYPES OF ANXIETY DISORDERS:
THE HISTORY OF ANXIETY DISORDER
1860
Present Day
ANXIETY DISORDERS IN THE DSM-5
HOW IS A PERSON DIAGNOSED WITH AN ANXIETY DISORDER?
WHAT CAUSES ANXIETY DISORDERS?
BRAIN CHEMISTRY
GENETICS
ENVIRONMENT
HOW DO DOCTORS TREAT ANXIETY DISORDERS?
PSYCHOTHERAPY
MEDICATIONS
COMPLEMENTARY & ALTERNATIVE TREATMENT
CAN SUFFERING WITH ANXIETY DISORDERS STILL LEAD A SUCCESSFUL LIFE?
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