



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.

WHAT ARE ANXIETY DISORDERS?

ARE YOU AN ANXIETY DISORDER?

PREVALENCE

- 1 in 5 people experience an anxiety disorder at some point in their lives.
- 1 in 10 people experience an anxiety disorder in any given year.
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- 1 in 10 people experience an anxiety disorder in any given year.

WITH 100 MILLION affected people

FACTORS WITH AN ANXIETY DISORDER

Anxiety disorders are the most common mental health condition for people aged 18 to 24.

ANXIETY DISORDERS CAN BE HEREDITARY

HOW DO WE DEFINE TYPES OF ANXIETY DISORDERS?

GENERALIZED ANXIETY DISORDER

Characterized by excessive, persistent, and uncontrollable worry about everyday things.

PANIC DISORDER

Characterized by sudden, recurrent attacks of intense fear or discomfort.

SOCIAL ANXIETY DISORDER

Characterized by intense fear or discomfort in social situations.

PHOBIC DISORDER

Characterized by intense, irrational fear of a specific object or situation.

THE HISTORY OF ANXIETY DISORDER

1850

1980

Present Day

ANXIETY DISORDERS IN THE DSM-5

WHO IS A PERSON DIAGNOSED WITH AN ANXIETY DISORDER?

HOW DOES ANXIETY DISORDER AFFECT YOU?

HOW DO DOCTORS TREAT ANXIETY DISORDERS?

CAN DOCTORS WITH ANXIETY DISORDERS STILL LEAD A SUCCESSFUL LIFE?

THE HISTORY OF ANXIETY DISORDER

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