



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?

WHAT ARE ANXIETY DISORDERS?

ANXIETY DISORDERS ARE A GROUP OF MENTAL HEALTH CONDITIONS THAT CAUSE FEELINGS OF WORRY, NERVOUSNESS, AND FEAR.

SYMPTOMS OF ANXIETY DISORDERS

- Feeling nervous, restless, or tense
- Feeling like you're on edge
- Feeling like you're in danger or that something bad will happen
- Feeling like you can't control your worry
- Feeling like you're not in control of your emotions
- Feeling like you're not in control of your thoughts
- Feeling like you're not in control of your actions
- Feeling like you're not in control of your feelings
- Feeling like you're not in control of your mind
- Feeling like you're not in control of your body
- Feeling like you're not in control of your life

CAUSES OF ANXIETY DISORDERS

There are many factors that can contribute to the development of anxiety disorders, including:

- Genetics
- Brain chemistry
- Environmental factors
- Life events
- Personality
- Stress
- Substance use
- Medical conditions
- Medications
- Other mental health conditions

DIAGNOSIS OF ANXIETY DISORDERS

Anxiety disorders are diagnosed by a healthcare professional, such as a doctor or psychologist, based on the following criteria:

- The person must have experienced at least one of the following symptoms for at least six months:
- Feeling nervous, restless, or tense
- Feeling like you're on edge
- Feeling like you're in danger or that something bad will happen
- Feeling like you can't control your worry
- Feeling like you're not in control of your emotions
- Feeling like you're not in control of your thoughts
- Feeling like you're not in control of your actions
- Feeling like you're not in control of your feelings
- Feeling like you're not in control of your mind
- Feeling like you're not in control of your body
- Feeling like you're not in control of your life

TREATMENT OF ANXIETY DISORDERS

There are several treatment options available for anxiety disorders, including:

- Medication
- Psychotherapy
- Support groups
- Relaxation techniques
- Exercise
- Yoga
- Meditation
- Acupuncture
- Herbal supplements
- Other complementary therapies

PREVENTION OF ANXIETY DISORDERS

There are several ways to prevent anxiety disorders, including:

- Managing stress
- Getting regular exercise
- Eating a healthy diet
- Getting enough sleep
- Avoiding alcohol and drugs
- Seeking support from friends and family
- Seeking professional help if needed

THE HISTORY OF ANXIETY DISORDER

The history of anxiety disorder is a long and complex one, with roots in ancient Greek and Roman times. The word "anxiety" is derived from the Latin word "anxius," which means "worried" or "anxious." The first recorded use of the word "anxiety" was in the 16th century, when it was used to describe a state of mental distress.

ANXIETY DISORDERS IN THE US 1950'S

Anxiety disorders were first recognized as a distinct mental health condition in the 1950s. This was largely due to the work of Sigmund Freud, who developed the theory of psychoanalysis. Freud's theory suggested that anxiety was a result of unresolved conflicts from childhood. This led to the development of psychoanalytic therapy, which became a popular treatment for anxiety disorders in the 1950s.

HOW IS A PERSON DIAGNOSED WITH AN ANXIETY DISORDER?

A person is diagnosed with an anxiety disorder by a healthcare professional, such as a doctor or psychologist. The diagnosis is based on the following criteria:

- The person must have experienced at least one of the following symptoms for at least six months:
- Feeling nervous, restless, or tense
- Feeling like you're on edge
- Feeling like you're in danger or that something bad will happen
- Feeling like you can't control your worry
- Feeling like you're not in control of your emotions
- Feeling like you're not in control of your thoughts
- Feeling like you're not in control of your actions
- Feeling like you're not in control of your feelings
- Feeling like you're not in control of your mind
- Feeling like you're not in control of your body
- Feeling like you're not in control of your life

WHAT CAUSES ANXIETY DISORDERS?

There are many factors that can contribute to the development of anxiety disorders, including:

- Genetics
- Brain chemistry
- Environmental factors
- Life events
- Personality
- Stress
- Substance use
- Medical conditions
- Medications
- Other mental health conditions

HOW DO YOU KNOW IF YOU HAVE AN ANXIETY DISORDER?

There are several signs and symptoms that can indicate an anxiety disorder, including:

- Feeling nervous, restless, or tense
- Feeling like you're on edge
- Feeling like you're in danger or that something bad will happen
- Feeling like you can't control your worry
- Feeling like you're not in control of your emotions
- Feeling like you're not in control of your thoughts
- Feeling like you're not in control of your actions
- Feeling like you're not in control of your feelings
- Feeling like you're not in control of your mind
- Feeling like you're not in control of your body
- Feeling like you're not in control of your life

HOW DO YOU TREAT AN ANXIETY DISORDER?

There are several treatment options available for anxiety disorders, including:

- Medication
- Psychotherapy
- Support groups
- Relaxation techniques
- Exercise
- Yoga
- Meditation
- Acupuncture
- Herbal supplements
- Other complementary therapies

CAN YOU LIVE WITH AN ANXIETY DISORDER?

Yes, you can live with an anxiety disorder. With the right treatment and support, you can manage your symptoms and live a full and healthy life.

GLOBAL MEDICAL EDUCATION

For more information, visit www.globalmedical.com