



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?

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

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

PREVALENCE OF ANXIETY DISORDERS

The World Health Organization estimates that 11% of the world's population has an anxiety disorder.

FACTORS WITH AN ANXIETY DISORDER

People with an anxiety disorder are at an increased risk of being hospitalized for psychiatric disorders that are related to their anxiety.

ANXIETY DISORDERS AND PHYSICAL CONDITIONS

ANXIETY DISORDERS AND PHYSICAL CONDITIONS GO HAND IN HAND.

PHYSICAL CONDITIONS

- Heart disease
- High blood pressure
- Diabetes
- Chronic pain
- Depression
- Obesity
- Alcoholism
- Smoking
- Drug use
- Stress
- Worry
- Anger
- Loneliness
- Isolation
- Depression
- Stress
- Worry
- Anger
- Loneliness
- Isolation

HOW ANXIETY DISORDERS AFFECT THE BODY

ANXIETY DISORDERS CAN AFFECT THE BODY IN SEVERAL WAYS.

PHYSICAL SYMPTOMS

- Headaches
- Stomach problems
- Heart problems
- High blood pressure
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THE HISTORY OF ANXIETY DISORDER

1800

PRESENT DAY

ANXIETY DISORDERS IN THE US 1950'S

HOW IS A PERSON DIAGNOSED WITH AN ANXIETY DISORDER?

HOW DOES ANXIETY DISORDER AFFECT THE BODY?

HOW DOES ANXIETY DISORDER AFFECT THE MIND?

HOW DOES ANXIETY DISORDER AFFECT THE BEHAVIOR?

CAN SOMEONE WITH AN ANXIETY DISORDER STILL LIVE A SUCCESSFUL LIFE?

GLOBAL MEDICAL EDUCATION

For more information, visit www.globalmedical.com