



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?

ANXIETY DISORDERS are a group of mental health conditions characterized by excessive and persistent worry, fear, and physical symptoms.

THE MOST COMMON MENTAL HEALTH DISORDER with 35 MILLION affected globally.

POSSIBLE CAUSES

- Genetics
- Brain chemistry
- Environment
- Life events
- Personality
- Stress
- Substance use

People with anxiety disorders often have more trouble sleeping, concentrating, and performing at work or school.

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SYMPTOMS

- Excessive and persistent worry, fear, and physical symptoms.
- Difficulty concentrating.
- Restlessness or feeling on edge.
- Irritability.
- Muscle tension.
- Headaches.
- Stomach problems.
- Heart palpitations.
- Sweating.
- Shortness of breath.
- Dizziness.
- Fatigue.
- Difficulty sleeping.

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THE HISTORY OF ANXIETY DISORDER

1850 - Sigmund Freud's theory of the mind, which proposed that the mind is divided into three parts: the conscious mind, the preconscious mind, and the unconscious mind. He also proposed that the unconscious mind contains repressed thoughts and feelings that can cause anxiety.

1950 - The development of the first anxiety disorder medications, such as benzodiazepines and tricyclic antidepressants.

1980 - The publication of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III), which provided a standardized definition of anxiety disorders.

2013 - The publication of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), which updated the definition of anxiety disorders.

PRESENT DAY - The current understanding of anxiety disorders, which includes a focus on the role of genetics, brain chemistry, and environment.

ANXIETY DISORDERS IN THE DSM-5

Generalized Anxiety Disorder (GAD)

Panic Disorder

Agoraphobia

Specific Phobia

Social Anxiety Disorder

Separation Anxiety Disorder

Obsessive Compulsive Disorder (OCD)

Tourette's Disorder

Post-Traumatic Stress Disorder (PTSD)

Acute Stress Disorder

ADHD

Autism Spectrum Disorder

Bipolar Disorder

Major Depressive Disorder

Manic Episode

Major Depressive Episode

How is a person diagnosed with an anxiety disorder?

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HOW CAN I GET HELP FOR MY ANXIETY DISORDER?

PSYCHOTHERAPY

COGNITIVE BEHAVIORAL THERAPY (CBT)

EXPOSURE THERAPY

RELAXATION THERAPY

PHARMACOTHERAPY

ANTIDEPRESSANTS

ANXIOLYTICS

HOW DO ANXIETY DISORDERS AFFECT QUALITY OF LIFE?

ANXIETY DISORDERS can have a significant impact on a person's quality of life, affecting their ability to work, study, and maintain relationships.

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