



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 IS AN ANXIETY DISORDER?
Anxiety disorders are a group of mental health conditions characterized by excessive and persistent fear or worry that interferes with daily life.

POSSIBLE CAUSES

- Genetics
- Brain chemistry
- Environmental factors
- Stress
- Medical conditions
- Substance use

SYMPTOMS

- Excessive worry or fear
- Restlessness
- Irritability
- Difficulty concentrating
- Physical symptoms (e.g., rapid heartbeat, sweating, trembling)
- Avoidance of situations that trigger anxiety

STATISTICS

- Approximately 1 in 10 people experience an anxiety disorder at some point in their lives.
- Over 30 million people in the United States have an anxiety disorder.
- Women are more likely than men to experience anxiety disorders.

FACTS WITH AN ANXIETY DISORDER
People with an anxiety disorder can lead a full and productive life. With proper treatment, most people experience significant improvement in their symptoms.

ANXIETY DISORDERS ARE THE MOST COMMON MENTAL HEALTH DISORDERS IN THE WORLD.

ANXIETY DISORDERS CAN BE TREATED.

ANXIETY DISORDERS CAN BE PREVENTED.

ANXIETY DISORDERS CAN BE MANAGED.

ANXIETY DISORDERS CAN BE CURED.

ANXIETY DISORDERS CAN BE TREATED WITH MEDICATION.

ANXIETY DISORDERS CAN BE TREATED WITH THERAPY.

ANXIETY DISORDERS CAN BE TREATED WITH A COMBINATION OF THERAPIES.

ANXIETY DISORDERS CAN BE TREATED WITH LIFESTYLE CHANGES.

ANXIETY DISORDERS CAN BE TREATED WITH A COMBINATION OF THERAPIES AND LIFESTYLE CHANGES.

ANXIETY DISORDERS CAN BE TREATED WITH A COMBINATION OF THERAPIES, LIFESTYLE CHANGES, AND MEDICATION.

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