

Содержание:

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Introduction

Occasional anxiety is an expected part of life. You might feel anxious when faced with a problem at work, before taking a test, or before making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, school work, and relationships.

According to the official statistic, anxiety disorders affect 40 million people in the United States. It is the most common group of mental illnesses in the country. However, only 36.9 percent of people with an anxiety disorder receive treatment.

What is anxiety?

The American Psychological Association (APA) defines anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. Knowing the difference between normal feelings of anxiety and an anxiety disorder requiring medical attention can help a person identify and treat the condition.

Anxiety is a normal reaction to stress and can be beneficial in some situations. It can alert us to dangers and help us prepare and pay attention. Anxiety disorders differ from normal feelings of nervousness or anxiousness and involve excessive fear or anxiety. Anxiety disorders are the most common of mental disorders and affect nearly 30 percent of adults at some point in their lives. But anxiety disorders are treatable and a number of effective treatments are available. Treatment helps most people lead normal productive lives.

Anxiety refers to the anticipation of a future concern and is more associated with muscle tension and avoidance behavior.

Fear is an emotional response to an immediate threat and is more associated with a fight or flight reaction – either staying to fight or leaving to escape danger.

Anxiety disorders can cause people to try to avoid situations that trigger or worsen their symptoms. Job performance, school work and personal relationships can be affected.

In general, for a person to be diagnosed with an anxiety disorder, the fear or anxiety must:

- o Be out of proportion to the situation or age-inappropriate
- o Hinder your ability to function normally

The causes of anxiety

The causes of anxiety disorders are complicated. Many might occur at once, some may lead to others, and some might not lead to an anxiety disorder unless another is present.

Possible causes include:

- environmental stressors, such as difficulties at work, relationship problems, or family issues
- genetics, as people who have family members with an anxiety disorder are more likely to experience one themselves
- medical factors, such as the symptoms of a different disease, the effects of a medication, or the stress of an intensive surgery or prolonged recovery
- brain chemistry, as psychologists define many anxiety disorders as misalignments of hormones and electrical signals in the brain
- withdrawal from an illicit substance, the effects of which might intensify the impact of other possible causes

Effective ways to deal with anxiety

In some cases, a person can treat an anxiety disorder at home without clinical supervision. However, this may not be effective for severe or long-term anxiety disorders.

- **Stress management:** Learning to manage stress can help limit potential triggers. Organize any upcoming pressures and deadlines, compile lists to make daunting tasks more manageable, and commit to taking time off from study or work.
- **Relaxation techniques:** Simple activities can help soothe the mental and physical signs of anxiety. These techniques include meditation, deep breathing exercises, long baths, resting in the dark, and yoga.
- **Exercises to replace negative thoughts with positive ones:** Make a list of the negative thoughts that might be cycling as a result of anxiety, and write down another list next to it containing positive, believable thoughts to replace them. Creating a mental image of successfully facing and conquering a specific fear can also provide benefits if anxiety symptoms relate to a specific cause, such as in a phobia.
- **Support network:** Talk with familiar people who are supportive, such as a family member or friend. Support group services may also, be available in the local area and online.
- **Exercise:** Physical exertion can improve self-image and release chemicals in the brain that trigger positive feelings.

Support Groups: Some people with anxiety disorders might benefit from joining a self-help or support group and sharing their problems and achievements with others. Internet chat rooms might also be useful, but any advice received over the internet should be used with caution, as Internet acquaintances have usually never seen each other and what has helped one person is not necessarily what is best for another.

Conclusion

When it comes to health and well-being, the first thing that appears in most people's heads is physical health. They talk about exercise, jogging, hitting the gym, etc. But they never really talk about their mental health.

Mental health includes our psychological, social, and emotional well-being. It affects how we think, feel, and how we act in our daily lives. Your ability to handle emotions, stress, how you socialize with others and making decisions are greatly determined by your psychological state.

We can't be balanced if we only focus on our physical health, ignoring our psychological state. This is especially true if you want to live a great life and produce extraordinary results in each area.

Literature

<https://www.medicalnewstoday.com/articles/323454.php>

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

<https://www.medicalnewstoday.com/articles/176891.php#causes>