
Anxiety: Definition, Symptoms And Therapy

is a feeling one gets of feeling worried and nervous, usually about an event or something to do with an outcome. There are four types of anxiety disorders of which people may go through. The first type of disorder is a generalized anxiety disorder, which is when one is continual nervous, tense, and uneasy. The second type of disorder is a panic disorder, which is when a person has sudden episodes of intense dread. For this disorder, every person in seventy-five people will have their anxiety suddenly increase into a panic attack, which can be a minute long episodes of intense fear that something dreadful is going to happen. The next type of disorder would be phobias, as it is an intense fear of a specific situation or object. Lastly is the obsessive-compulsive disorder, which is when a person is being troubled by repetitive thoughts and/or actions.

Symptoms such as panicking, having trouble sleeping, not being able to stay calm and still, being cold, sweaty, or numb, having a difficult time catching your breath, having heart palpitations, noticing that your mouth is dry, feeling nauseous, feeling tension in your muscles, and getting dizzy are the most common symptoms that a person will go through when having anxiety. These symptoms can occur from a person not having enough sleep, exercise, or enough nutrients in their body from eating healthy. They may also get anxiety from being stress from anything, such as a personal relationship, a current job position, or even finances. With that being said, if one person has too many expectations for achievement in their daily life, they can get anxiety, as they begin to feel stressed out.

There are several diagnoses that doctors may be able to do for a person if they were to be their patient. For example, doctors may do a physical exam to look for the different signs of anxiety that might be linked to a current or even past medication that a person may have been taking. After questioning the patient, if a medical condition is suspected, then they will order the person to take a blood test, a urine test, or any other necessary test. Doctors may also use the criteria listed in something called the Diagnostic and Statistical Manual of Mental Disorders, which is also known as DSM-5, published by the American Psychiatric Association. The DSM-5 is a widely used system for classifying different types of psychological disorders and was developed in coordination with the tenth edition of the World Health Organization's International Classification of Disease (ICD-10), which covers both medical and psychological disorders.

There are several different treatments that one with anxiety might take, which may include counseling or medications, including antidepressants. Antidepressants are a type of medications that help relieve any symptoms one may have of social anxiety disorder, anxiety disorders, as well as several other conditions. The easiest and best treatment would be self-care, as you are healing yourself by watching your everyday activities. Some self-care treatments are avoiding alcohol, because it may be exasperating the certain condition a person has, especially, if that person is in taking too much. Reducing caffeine intake is also a big part of anxiety, because the more caffeine a person has, the high risk they have of worsening their condition. Not only is it important to watch the amount of intake into one's body, but it is also important to make sure that the person does do some form of physical exercise. Aerobic exercise is the most recommended type of exercise by a specialist because it increases the heart and lung fitness, making a person even healthier than before. Examples of aerobic

exercise would be cardio, such as running, swimming, hiking, etc. An alternation for aerobic exercise could be various relaxation techniques, including, taking deep breaths, doing meditation, yoga, and other activities the reduce symptoms of stress. By doing any enjoyable activities, the levels of depression a person has will decrease, as well as improve their mental health. A person's mental and physical health can be destroyed by a smoker, as it worsens one's anxiety. Staying healthy is very important, therefore no one should be putting themselves on diets that are not needed for them. This can cause starvation and stress, as the person thinks about eating something they know that they put a restraint on. If anyone is going to be putting themselves on a diet, a healthy diet is recommended. A healthy diet is a type of diet that provides essential nutrients and calories a person needs in their body while avoiding surplus sugar, fatty foods, and carbohydrates. In addition to self-care, there are other treatment options such as seeing a therapist, however, this type of treatment may be costly for some people.

There is two main type of therapies one may attend to moderate symptoms of stress. The first type of therapy is cognitive behavioral therapy, which is a type of talk therapy which focuses on modifying negative behaviors, thoughts, and emotional responses associated with psychological distress. It's frequently the preferred type of psychotherapy because it can quickly help a person recognize and manage with specific challenges faced in everyday life. Cognitive behavioral therapy is one of the types of therapies that generally requires fewer sessions than other types of therapy and is done in a structured way.