

# Anxiety Disorders

Moderate anxiety and worry can heighten our alertness and protect us from danger. However, if prolonged and excessive, they can be debilitating to our well-being and cause illness.

## Common Symptoms



### Emotional symptoms:

Persistent, intense, and irrational worry or anxiety, irritability, mood swings, and difficulty controlling these feelings; anticipating that something bad is about to happen



### Physical symptoms:

Rapid heartbeat, shortness of breath, dry mouth, sweating, trembling, chest tightness, dizziness, headaches, muscle tension, gastrointestinal discomfort, etc.



### Cognitive symptoms:

Catastrophic thinking, difficulty concentrating, memory problems, and indecisiveness

## Causes

Risk factors include family history, brain chemical imbalances, childhood trauma, family environment, life stress, and lack of resources.

## Treatment

Proper use of medications such as sedatives can help alleviate symptoms. Patients can also learn stress management techniques from psychological counselling, and ease their nervousness with relaxation exercises.