

# ANXIETY

Anxiety is feeling uneasy, tense or apprehensive in response to stressful or threatening circumstances. It is a normal reaction to stress. At times it may actually help you deal with tense situations and at times it may also help you be more alert or careful. When anxiety becomes an excessive, irrational dread of everyday situations, it is a disabling disorder.

## **HOW DOES IT OCCUR?**

The cause of anxiety is not known. The brain is made up of billions of neurons cells that communicate with each other. This affects other parts of the body. Neurotransmitters are chemical substances in the brain carrying communication between nerves; kinds and amounts of these substances control how too much or too little of these may lead to anxiety. Anxiety can be brought on by drugs such as alcohol, cocaine, amphetamines, caffeine, some antidepressants, steroids, and withdrawal from certain sedatives.

## **PSYCHOLOGICAL SYMPTOMS OF ANXIETY**

- Apprehension or fear.
- Feeling cranky or irritable.
- Panic.
- Impatience.
- Feelings of imminent danger.
- Trouble concentrating
- Feeling restless or unable to relax.
- Trouble sleeping.
- Lack of enjoyment.

## **PHYSICAL SIGNS AND SYMPTOMS OF ANXIETY**

- Dry mouth or feeling like you're choking.
- Diarrhea
- Nausea; vomiting
- Feeling faint, lightheaded or shaky.
- Muscle tension
- Hyperactivity
- Rapid or irregular heartbeat.
- Hyperventilating or feeling short of breath.
- Sweating, especially in the palms.

## **DIAGNOSIS AND TREATMENT OF ANXIETY**

Your Healthcare Provider will examine you, ask about symptoms, your daily activities, and your view of how things are going. Lab test may be done to rule out a physical problem as for the reason of your anxiety. Possible tests include blood test, thyroid function, and urine test. Your provider may refer you to a mental health professional.

In that session, Relation therapy and stress management techniques may be used. If your anxiety is severe, your Healthcare Provider may prescribe medicine to help you cope with the symptoms. Several medicines can help treat anxiety.

## **POST TRAUMATIC STRESS DISORDER (PTSD)**

This begins after you witness or are involved in a very stressful event. The event usually involves the threat of severe injury or death. PTSD is when symptoms continue for months or years after the event is over.

## **THINGS TO HELP PREVENT ANXIETY**

- Avoid using alcohol or drugs.
- Eat a healthy diet.
- Avoid caffeine.
- Stay socially active.
- Exercise regularly at least 20mins. daily; Walking daily is good.
- Learn which activities make you feel better and do them often.
- Learn relaxation techniques.
- Meditate on the Word of God.

*"Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God which passeth all understanding, shall keep your heart and minds through Christ Jesus." Phil.4:6-7 Amen!*