Anxiety: Are you living or existing

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Pablo Moreno, M.Ed., LPC-S

Feeling anxious is a normal reaction to stress; everyone feels anxious from time to time. Sometimes anxiety can be a positive thing when it motivates you to accomplish your goals. For example, help you study harder for a test and prepare for a situation or help you focus on a task. In general anxiety can be a healthy thing if it doesn't last very long. However, when anxiety becomes excessive and interferes with your daily life, interferes with how you get along with others and causes you to avoid situations, then you may be suffering from an anxiety disorder.

What is an anxiety disorder? There are several types of disorders and their symptoms vary. Common anxiety disorders include panic disorders, social phobia, generalized anxiety disorder, and obsessive-compulsive disorder. Some people have repeated short term episodes of intense fear called panic/anxiety attacks and others have irrational worries and fears of everyday social situations.

What are some of the symptoms of anxiety disorder?

Physical Symptoms:

1. *Pounding or racing heart.*
2. *Sweating or cold clammy hands.*
3. *Having a hard time catching your breath.*
4. *Having stomachaches or nausea.*
5. *Having trouble falling asleep.*

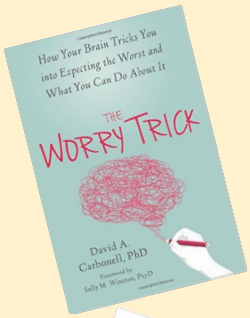
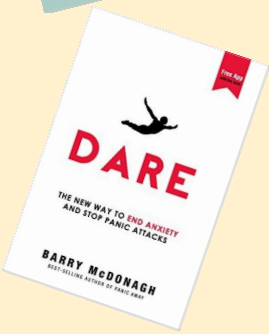
Emotional Symptoms:

1. *Feeling restless.*
2. *Being angry and irritable .*
3. *Frequently avoiding places/situations.*
4. *Difficulty concentrating.*
5. *Worry excessively about everyday decisions*.

What are some of the treatments for anxiety disorder?

There are several treatments for anxiety disorders, however; the most effective treatment is a combination of medication and cognitive therapy. Counseling can help you learn new thinking patterns, practice healthy behaviors and take active steps to live a life without anxiety. Medication works in a different ways to affect the chemicals in your brain that are associated with anxiety. As a result, it reduces the symptoms so you can achieve some of your counseling goals.

If you are experiencing some of these symptoms or know someone that has these symptoms, seek help or ask them to seek help. Professional help is the best resource. Speak to a medical doctor, a counselor or psychiatrist. Anxiety can be treated successfully, but you have to make that first step in acknowledging that there is an issue.

Food for thought:

Reading Suggestions: