

# ANXIETY DISORDER SYMPTOMS



# Anxiety Disorder Symptoms

People are different. Anxiety disorder symptoms may vary from person to person.

Worry, fear, and anxiety are a normal part of our life.

Have you experienced feeling anxious before taking an exam and later found out that you got a higher result than what you expected?

Or, feeling anxious before a job interview and ended up getting hired?



Normal anxiety helps us cope in any stressful situation, it also keeps us watchful.

Mental health professional are not concerned with normal anxiety.

But, if your anxiety suddenly occurs without apparent reason and lasts for weeks to months and happens more days than not, that is another issue.

If anxiety persists more days than not, and takes longer than six months, it has become an immobilizing disorder.



An anxiety disorder is a recurring feeling of excessive anxiety and worrying about events or activities without a logical reason, lasting for more than six months and is interfering with everyday activities, such as going to work, and socializing.

A person experiencing an anxiety condition finds it difficult to control the feelings of worry and fear.

The thing about people with an anxiety disorder is they actually know, what they think or feel is not real.



The common anxiety disorders are Panic Disorder, Social Phobia, Agoraphobia, Specific Phobia, Obsessive-Compulsive Disorder, Generalized Anxiety Disorder, Separation Anxiety, Post-Traumatic Stress Disorder, and Selective Mutism.

A person with an anxiety condition may suffer different anxiety disorder symptoms.

Because no two individuals are the same, the anxiety disorder symptoms may vary from one person to the other.



The physical symptoms of anxiety disorder are caused by the brain sending messages to parts of the body to prepare for the fight-flight response.

The lungs, heart, and other parts of the body work faster and the brain releases stress hormones, including adrenaline, and that explains that physical symptoms.



# Anxiety Disorder Symptoms You May Experience Physically Can Include But Not Limited To:

- \* Abdominal discomfort
  - \* Diarrhoea
  - \* Dry mouth
- \* Rapid heartbeat or palpitations
  - \* Tightness or pain in chest
    - \* Shortness of breath
    - \* Dizziness
  - \* Frequent urination
  - \* Difficulty swallowing



# Anxiety Disorder Symptoms You May Experience Psychologically Can Include:

- \* Insomnia
- \* Irritability
- \* Inability to concentrate
- \* Fear of going crazy or dying
- \* Feeling unreal and not in control of your behaviour





There are several types of anxiety disorders and sometimes they are associated with physical problem such alcohol and drug abuse. Anxiety is the main symptom of other mental illness called anxiety disorders.

Anxiety disorder symptoms may differ from the symptoms of other anxiety disorders, but all the symptoms cluster around excessive, irrational fear and dread.

For people with an anxiety condition, your world does not stop there because there are many types of treatments available for anxiety disorders.



There are many things you can do to overcome anxiety as you will see in the information you get in the Global Healing Exchange membership area.

Take a look around and find the best treatment for you.

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