

# What is Anxiety?

Anxiety can be described as a chronic and exaggerated feeling of worry or tension even if there is little or nothing to provoke it. People who suffer with anxiety often worry constantly about their health, money, family, or career or may be phobic about a specific issue that causes them a lot of anxiety. Sometimes they simply experience feelings of nervousness, restlessness, and stress without knowing what is provoking these feelings. They may feel as if they are “keyed-up” or “on-edge” most of the time. Often they are unable to relax and enjoy pleasurable experiences because of their persistent worry. Even when they realize that they have no real reason to worry or that their level of worry is out of proportion to the situation, they are unable to relieve themselves of their fears.

Here are some of the symptoms people may experience associated with anxiety:

- Excessive worry more days than not for an extended period of time about a variety of situations including work, school, or home.
- The sufferer finds it very difficult to control the tension and anxiety.
- The sufferer experiences physical signs of anxiety including restlessness, fatigue, difficulty concentrating irritability, muscle tension, and sleep disturbances like insomnia or unsatisfying sleep.

People with anxiety may anticipate disaster looming around every corner. At its most severe, just the thought of going through the day may provoke intense worry and fear. While their anxiety might not impair their ability to perform their daily tasks, the feelings that they experience can seriously affect their ability to find enjoyment & pleasure in life.

According to the National Institute of Mental Health, anxiety affects about 4 million Americans. Those who experience anxiety sometimes also struggle with depression or substance abuse. There is help available. Psychotherapy in the form of Cognitive behavior therapy has proven to be quite effective in the treatment of anxiety as well as progressive relaxation and some tapping techniques, visualization and breathing exercises have all proven to be helpful as well. Some prescription medication may prove also to be helpful for some. These are just some of the options that may help those dealing with anxiety to cope more effectively. The most common anxiety disorders are as follows

Panic disorder, Obsessive compulsive disorder or OCD, Post-traumatic stress disorder PTSD, Social Phobia or Social Anxiety Disorder, Specific Phobias and Generalized Anxiety Disorder or GAD.

If you are experiencing difficulty with any of these symptoms and are wondering if you need help please feel free to give us a call. We are licensed and experienced and specialize in treating anxiety disorders.