

Anxiety: Everything You Need to Know

Anxiety is the body's normal reaction to stress. It is uneasiness or fear about what is to come. Most individuals are afraid and apprehensive on the first day of school, going to a job interview, or making a speech.

However, if your anxiety symptoms are severe, linger for more than six months, and interfere with your daily life, you may have an anxiety disorder.

Anxiety Disorders

It's normal to be nervous about relocating, beginning a new career, or taking an exam. Although this form of worry is unpleasant, it may inspire you to work harder and accomplish a better job. Ordinary anxiety is a passing mood that does not interfere with your daily life.

In the case of an anxiety disorder, you may experience terror all of the time. It is intense and, at times, incapacitating.

This form of anxiety may force you to abandon activities that you like. It may prohibit you from taking an elevator, crossing the street, or even leaving your house in extreme circumstances. If the anxiety is not handled, it will worsen.

Anxiety disorders are the most frequent type of emotional problem, and they can afflict people of any age. Women are more likely than males to be diagnosed with an anxiety condition, according to the American Psychiatric Association.

Types of Anxiety Disorders

Anxiety has a role in a variety of conditions. These are some examples:

- **Panic Disorder.** Having repeated panic episodes at inconvenient times. A person suffering from panic disorder may live in constant terror of the next panic episode.
- **Phobia.** Fear of a certain thing, place, or behavior that is exaggerated.
- **Social Anxiety Disorder.** Extreme apprehension in social circumstances of being assessed by others.
- **Obsessive-Compulsive Disorder.** Recurrent illogical beliefs cause you to engage in certain, repetitive activities.
- **Separation Anxiety Disorder.** Fear of being apart from one's home or loved ones.
- **Illness Anxiety Disorder.** Anxiety about your health (formerly called hypochondria).
- **Post-Traumatic Stress Disorder (PTSD).** Anxiety after a tragic experience.

Symptoms of Anxiety

Anxiety has distinct sensations depending on who is experiencing it. From butterflies in your stomach to a pounding heart, you may experience a variety of emotions. You may feel out of control as if there is a schism between your mind and body.