

Title:

Anxiety and the Perfect Anti-Anxiety Treatment

Word Count:

655

Summary:

The article talks about the development of anxiety disorders, a condition that may hamper deve

Keywords:

anti-anxiety

Article Body:

To have feelings of uneasiness or nervousness is quite normal for people who have to keep up w

Physical symptoms of anxiety may include the following:

Trembling, twitching, or shaking.

Feeling of fullness in the throat or chest.

Breathing difficulties or fast heartbeat.

Dizziness

Sweating or cold, clammy hands.

Feeling jumpy.

Muscle tension, aches, or soreness (myalgias).

Extreme fatigue.

Sleep problems, such as the inability to fall asleep or stay asleep, early waking, or restless

In addition to its physical effects, anxiety also affects a part of the brain that aids in com

Some of the symptoms that show anxiety's effect on one's mental faculties include:

Restlessness, irritability, or feeling on edge.

Excessive worrying.

Fearing that something bad is going to happen; feeling doomed.

Inability to concentrate; feeling like your mind goes blank.

The presence of both physical and mental symptoms of anxiety may lead to a condition called an

Due to the side effects of certain anti-anxiety medication, many patients sought alternative m

The behavior side effects of anxiety can be described as an act of avoidance. Individuals with

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