

Title:

Anxious, Are We?

Word Count:

558

Summary:

The article is about anxiety -- its root causes and symptoms; and the need for stress management

Keywords:

symptoms of anxiety, stress and anxiety, anxiety panic attacks, stress management

Article Body:

The dictionary defines anxiety as distress of mind caused by fear of danger or misfortune. It

Everybody, at one point in their lives, has experienced some form of anxiety. Common events l

So what causes anxiety disorders? Scientists attribute it to a lot of factors, four of which

Anxiety disorders are associated with high levels of brain chemicals, called neurotransmitters

Any form of trauma or stressful situations such as abuse, accidents, or death may lead to anxi

Oftentimes, worrying too much leads to anxiety panic attacks. These are surges of overwhelmin

Stress management may help prevent anxiety disorders from developing. One good way to manage

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