

Title:

Basic Anxiety Information: Understanding its Nature and Treatments

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524

Summary:

The article is generally about basic anxiety information. The author explains what anxiety dis

Keywords:

anxiety information

Article Body:

It is normal for a person to be anxious. Anxiety often triggers whenever an individual encount

However, it is no longer normal if the anxiety condition comes with extreme worrying and fear

Today, having or experiencing anxiety disorders is quite common among stressed individuals. Fo

Defining anxiety disorder

Anxiety disorder generally covers different types of aberrant forms of phobias, fears, and wor

Although anxiety disorder comes in many types and forms, it is basically the same in one thing

Signs of anxiety disorders

One of the most important aspects of basic anxiety information is to know the symptoms and sig

Emotional or psychological signs include:

1. Dread and uneasiness
2. Avoidance
3. Irritability
4. Strong desire to escape
5. Confusion
6. Jumpiness or nervousness
7. Insecurity

Physical symptoms include:

1. Chills
2. Shortness of breath
3. Fatigue
4. Insomnia
5. Headache
6. Muscle tension and aches
7. Clammy hands
8. Heart palpitations

The symptoms enumerated above are only a few of the common emotional and physical indications

Treating Anxiety

People who are suffering from anxiety disorder have really no excuse for consulting their cond

1. Medication

Most doctors prescribed medications like anti-anxiety and anti-depressant drugs as short term

## 2. Cognitive-Behavioral Therapy

One very effective form of anxiety treatment is the Cognitive-Behavioral Therapy or CBT. This

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