

Title:

What You Should Know About Anxiety Disorders

Word Count:

550

Summary:

Anxiety is a natural human reaction. And contrary to popular opinion, anxiety can be beneficial

But like many things, anxiety when taken into the extreme can have disastrous results. These f  
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Keywords:

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Article Body:

Anxiety is a natural human reaction. And contrary to popular opinion, anxiety can be beneficial

But like many things, anxiety when taken into the extreme can have disastrous results. These f

Anxiety disorder, as psychologists would want to call this condition, can range from something

Below are the types of anxiety disorders as mentioned in the DSM-IV.

Generalized Anxiety Disorder is characterized by excessive but unwarranted worries that a pers

Panic disorder is another type of anxiety disorder characterized by feelings of terror that st

We fear a lot of things but there are some people who are quite irrational with their fears. T

Post-traumatic stress disorder also falls under anxiety disorders. PTSD, as it is often called

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