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Generalized Anxiety Disorder Symptoms

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Living with [generalized anxiety disorder](#) is pretty a tough job. This is because you constantly feel anxious giving your mind stress all the time. In this condition you feel anxious without any substantial reason and may lead to excessive anxiety. There are few generalized anxiety disorder symptoms which are bound to get noticed in people suffering from this condition. These are:

- Concentration problems
- Restlessness
- Feeling a lump in your throat
- Fatigue
- Irritability
- Muscle tension
- Staying asleep
- Excessive sweating
- Shortage of breath
- Stomach problems
- Headache
- Diarrhea and many more

If a person is suffering generalized anxiety disorder then he may experience worry frequently and will remain anxious for most of the times. This condition can begin at an early age and the signs and symptoms can grow further if not treated on time. There can be many reasons which can give way t this problem. Some of the risk factors include:

- Childhood adversity- Children who witness some traumatic and shocking events are bound to get a deep impact of the entire event and may get suffered from generalized anxiety disorder.
- Illness- Illness like having a cancer can make you anxious for sure. Worrying too much about your future and finances and relationships can lead to this problem.
- Stress- A chain of stressful events in life making you believe that life has given you hardships only can lead to Generalized anxiety disorder. Stress can also be related to any illness or any other miserable thing in life.
- Personality- People with weak mental stability are more prone to get suffered from this anxiety condition.
- Genetics- According to few studies, genetic component also plays an important role in generalized anxiety disorder.

As soon as you witness the symptoms, you should visit your doctor for effective treatment. If you child has started worrying about school, earthquake, household chores, war, airplane flights, then you should believe that your child is either suffering from generalized anxiety disorder or on the verge of it.

[General anxiety disorder symptoms](#) should be diagnosed properly to get the exact cause of the condition. Sometimes the anxiety problem is based on past experiences of life which can be cured by some medications or therapy. So don't waste your rime by seeing your child in pain. Go get medical care immediately.

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From 2009 Album: "Acid Tab Vocab"..... Get Tame One's Music: www.amalgamdigital.com & www.amazon.com
A fervent supporter of graffiti art and a graf writer himself, Tame One broke into rap music with the New Jersey rap group the Artifacts in the early '90s. He and El Da Sensei were enthusiastically praised for their

graffiti-honoring debut, "Wrong Side of da Tracks," and following album, *Between a Rock and a Hard Place* (1994). After the two broke up in the late '90s, Tame One went several years without making any substantial material. He did work with his Boom Skwad crew and independently released a few 12" singles. In late 2001, he aligned himself with former Rawkus Records signees the High & Mighty, joining their newly formed Eastern Conference Records. Since then, the New Jersey rapper has maintained an ambitious profile in New York's independent rap scene, collaborating with other Eastern Conference artists as well as the Definitive Jux camp. He joined the underground supergroup the Weathermen formed in 2002 by Cage and EI-P, and early the following year, he released his first solo album and EC debut, *When Rappers Attack*, which featured beats from reputable underground producers DJ Mighty Mi, Rjd2, and J-Zone. Still thriving from his new underground exposure, he released *Waterworld* (2004), a combined effort with labelmate Cage as the deranged Leak Bros., and second solo album, *OG Bobby Johnson* (2005) (a reference to the 1992 movie *South Central*). The latter album had ...

Video Rating: 5 / 5

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