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In recent years, there has been more and more cases of people who suffer from anxiety disorders. This disorder includes post traumatic stress, panic attacks, obsessive compulsive disorder and anxiety attacks.

Doctors and scientists still do not know what causes anxiety disorders ,but research that points to brain chemistry imbalance as a main factor. The symptoms of anxiety disorders are very often confused with depression.

So, why should you be concerned this particular disorder? The reason is because it is a real medical condition that can negatively affect your life and the lives of your loved ones. Note that a person may experience an anxiety disorder at any age. Children as well as adults are receiving treatment for this severe condition.

Anxiety disorders affect a person's ability to respond to challenges normally. Sufferers experience mental confusion, headaches and backaches which are accompanied by profuse sweating without any physical cause.

So how does one prevent an anxiety attack? First, know all about the associated symptoms. If a sufferer ignores the problem exists and refuse to seek help, the consequences could be severe.

One common link in these symptoms is an unwarranted apprehension or excessive fear in situations that don't pose a real or perceived threat. And the person in question tend to remain in this frame of mind for an unusually long time.

Here are some symptoms tied to the various categories of anxiety disorders :-

1. Generalized Anxiety Disorder:

Common symptoms are constant fatigue, apprehension, worries or morbid thoughts of fear of attack,. Usually accompanied by physical distress, shortness of breath and muscle spasms. This condition usually expresses itself daily and can continue for 6 months or longer.

2. Anxiety Attack:

Unlike Generalized Anxiety Disorder, an anxiety attack is where the feeling of absolute terror strikes suddenly. It normally lasts from a few minutes to several hours. Because anxiety attacks can occur at anytime and anyplace, it can create havoc in the person's life, resulting in a reclusive lifestyle . Physical symptoms include mental confusion, nausea and muscle trembling.

3. Panic Disorder:

Symptoms are : shortness of breath, dizziness, fear of dying, chest pain, abdominal distress and heart palpitations. There are sporadic episodes of extreme fear that occur suddenly and without and apparent cause.

4. Post-Traumatic Stress Disorder:

After September 11, 2001, the number of people suffering from this condition rose sharply worldwide. Post-Traumatic Stress Disorder is triggered by traumatic events such as an airplane crash, the death of a loved one or a physical assault, emotional abuse or rape. Irritability, extreme mood swings, insomnia, nightmares, flashbacks and feelings of anger or frustration are the most prominent symptoms.

5. Obsessive/Compulsive Disorder:

The sufferer is plagued by thoughts or certain patterns of behavior that they are compelled to repeat and feel helpless to control or discontinue.

Anxiety disorder is a serious problem that can wreak havoc in any family. If you or a loved one is showing any of the above symptoms, then professional help is needed urgently. Please contact your local authorities to find out what help is available.

Gary T is the owner of UltGuide.com, a website dedicated to anxiety related disorders. Get free info on [Agoraphobia](#) and other conditions.

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