

Would You Like To Understand Anxiety?

Anxiety can be hard to understand as people who have anxiety attacks often withdraw into themselves and pull away from their friends and family. This withdrawal from social activities and interactions can make it hard for others to get a understanding of anxiety.

When two people encounter the same situation they will both react differently, they will have different feelings and different emotional reactions to exactly the same situation. This is why understanding anxiety can be hard for some people. If you are the sort of person who brushes everything off and doesn't let anything worry you it can be hard to understand people who get scared and apprehensive of things that don't worry you.

Understanding anxiety can be hard as there are many different types of anxiety that a person can suffer from and some are actually more severe than others. The more severe the anxiety then the longer the symptoms associated with the condition last and the way in which the person behaves can become more and more erratic.

If you are sitting in a group of 100 people it would be a fair estimate that 5 of them would have Generalized Anxiety Disorder, this basically means they are constantly worrying and in a anxious state of mind. I am sure you can appreciate how the constant worry and feelings of stress affect peoples physical as well as mental wellbeing.

The biggest problem that one faces if a person is diagnosed with this form of anxiety disorder is that they often have other medical problems which compound the situation. In well over half the people in the USA who suffer from anxiety, they suffer from other forms of this disorder or depression as well.

The most common symptoms that are associated with this particular anxiety disorder are as follows:- 1. The person feels restless and is constantly on edge and concerned about even the most trivial matters. 2. They may find it difficult not only to sleep but concentrate and will often be irritable as well. 3. Aiming for perfection in everything that they do and will be willing to conform rather than stand out in a crowd. This is because they are actually unsure of themselves and their abilities.

Day to day life can be tough for all of us, but if you are suffering from anxiety then it becomes even more difficult to manage with the problems that are thrown at most of us every day. These small problems mount up and the negative affects compound until the anxiety sufferer can't cope anymore and gives up his job and just stays home.

The two most important steps in starting down the road to recovery are realizing that this is not some one off event but a illness and making an appointment with your Dr.

In some cases, a person may find that making changes to their diet and lifestyle and learning various relaxation techniques can help to bring their anxiety under control.

About the Author

[Understanding anxiety](#) can be difficult especially if it is taking such a toll on your family, work and social life. [Anxiety](#) affects over 5% of the US population so you are not the only one with anxiety.

Source: <http://www.howidefeated.com>