Anxiety, the Tomorrow We Worried About Yesterday by Annphilip

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Every one of us experience anxiety and we know what it is like to feel anxious. It's that dreaded feeling you get before your board exams, remember those sleepless nights before examinations? I experienced anxiety the day before I gave my exams and it recurred when I got my first job in New York and I had to travel from a simple state Alabama to a very different place with people so different in their ways and culture. Do you have worries about your family issues or your job? Do you get butterflies in your stomach before giving a presentation? Then there is no need to worry for it is perfectly normal to experience such feelings. Having a little bit of such feelings is taken in the right sense. However if these kind of feelings are over whelming and they prevent you from living your life to the fullest, the way you want it to be, it is then considered a cause of concern.

Do you know that a little bit of anxiety is actually normal and in fact very helpful? It would help you to stay alert and organize things and be very proactive because anxiety is actually considered healthy if we experience it in moderate quantities. It is considered to be a disorder only when it actually interferes in your day to day activities and blocks you from performing the normal routine of activities in your life.

Symptoms of Anxiety

Â·Constant worry or tension about something.

Â·Interference of anxiety with your work, school or family responsibilities.

Â·Plagued by fears which you know are irrational yet you are unable to shake them off.

Â·Belief that something bad will happen if things aren't done in a certain way.

Â·Avoiding everyday situations or activities because they cause you anxiety.

Â·Experiencing sudden unexpected attacks of heart-pounding panic.

Â·Feeling that danger and catastrophes are around every corner.

Anxiety disorder is generally considered to be a group of related conditions rather than a single disorder because each person has different feelings and so it is unique for every individual. One person might panic at the very idea of being in a crowd in a party whereas another person might experience similar feelings when asked to drive a vehicle. Generalized anxiety disorder is chronic and people experiencing this disorder have long lasting anxiety and worry about nonspecific events, objects and situations. They feel scared very often and have worries related to health, family, money, school and work. If a person suffers from this disorder the doctor would ask him some questions and perform a physical examination. If no physical illness is present, then the person will be referred to a psychiatrist or a psychologist. Usually the treatment includes medication and cognitive behavioral therapy. Cognitive behavioral therapy is a talking session between the patient and a trained professional. It focuses on removing dysfunctional emotions, behaviors and cognitions through a goal-oriented, systematic procedure.

Anxiety cannot be cured or eliminated because we all need some level of anxiety to protect us from danger by solving issues. The trick is to balance the level of anxiety and not completely wiping it out of our lives. It is not some genetic illness that is inborn in our body but we actually produce anxiety.

Medication can be given to reduce the symptoms but medication is not the actual cure to remove this disorder. If you take medication and still don't adjust your lifestyle, then you are bound to have the disorder in you again. Once you learn to stop producing anxiety, the condition goes away and the symptoms will also disappear. I recently watched a show on anxiety that was aired on TV that I got from one of the Dish TV Offers. It was indeed an eye opener and I realized that it was not rocket science to recover from this disorder. Remember, "Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained."

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Ann is a freelance writer and she loves studying human psychology. She likes to watch programs related to human emotions on my TV which I got through one of the a Dish TV Offers.

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