

ANXIETY & DEPRESSION

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Anxiety - Wikipedia

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is not the same as fear, which is a

Anxiety Disorders - CMHA National

What are anxiety disorders? Anxiety disorders are mental illnesses. The different types of anxiety disorders include: Phobias. A phobia is an intense fear around a specific thing like an object, animal, or situation.

12 Signs You May Have an Anxiety Disorder Health

Anxiety comes in many forms panic attacks, anxiety attacks, phobia, and social anxiety and the distinction between a disorder and "normal"

Generalized Anxiety Disorder Treatment and Symptoms

Get the facts on generalized anxiety disorder (GAD) symptoms, medications, and treatment. GAD causes symptoms such as dread, worry, and angst. About 9% of people will develop GAD during their lifetime.

Anxiety | Definition of Anxiety by Merriam-Webster
er; a strong desire sometimes mixed with doubt, fear, or uneasiness his anxiety to succeed and his continued nervousness over the possible bankruptcy of his shoe company caused her to lecture him about relaxing and caring for his health.

Anxiety | Define Anxiety at Dictionary.com

Anxiety definition, distress or uneasiness of mind caused by fear of danger or misfortune: He felt anxiety about the possible loss of his job. See more.

Anxiety - WebMD

Anxiety may be caused by a mental condition, a physical condition, the effects of drugs, or a combination of these. The doctor's initial task is to see if your anxiety is a symptom of another medical condition. Common causes of anxiety include these mental conditions: The doctor has the often

NIMH-Anxiety Disorders

Occasional anxiety is a normal part of life. You might feel anxious when faced with a problem at work, before taking a test, or making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can

Anxiety | HealthLink BC

Feeling worried or nervous is a normal part of everyday

life. Everyone frets or feels anxious from time to time. Mild to moderate anxiety can help you focus your attention, energy, and motivation. If anxiety is severe, you may have feelings of helplessness, confusion, and extreme worry that are out of proportion with the actual

Anxiety disorder - Wikipedia

Generalized anxiety disorder (GAD) is a common disorder, characterized by long-lasting anxiety that is not focused on any one object or situation.

Anxiety: MedlinePlus

It's normal to be anxious at times. It may be time to get help if anxiety attack is severe or when anxiety doesn't stop. Learn about anxiety disorders.