

Free reading The anxiety disease [PDF]

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anxiety disorder due to a medical condition includes symptoms of intense anxiety or panic that are directly caused by a physical health problem generalized anxiety disorder includes persistent and excessive anxiety and worry about activities or events even ordinary routine issues

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the main symptom of anxiety disorders is excessive fear or worry anxiety disorders can also make it hard to breathe sleep stay still and concentrate

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an anxiety disorder is a type of mental health condition if you have an anxiety disorder you may respond to certain things and situations with fear and dread you may also experience physical signs of anxiety such as a pounding heart and sweating it s normal to have some anxiety

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overview it s normal to feel anxious from time to time especially if your life is stressful however excessive ongoing anxiety and worry that are difficult to control and interfere with day to day activities may be a sign of generalized anxiety disorder it s possible to develop generalized anxiety disorder as a child or an adult

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there are several types of anxiety disorders generalized anxiety disorder panic disorder with or without agoraphobia specific phobias agoraphobia social anxiety disorder separation anxiety disorder and selective mutism

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the long term outlook for people with untreated depression and anxiety includes chronic health issues such as heart disease learn why anxiety and stress occur and how you can manage the

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