ANXIETY ILLNESSES

Anxiety can be a good thing in a certain situation. It can be a good thing by motivating you and make you more creative. But when you have an anxiety illness, you are worried all the time. This kind of illness can make your feelings range from uneasy to being so scared that you can’t do anything.

The information below provides a summary of the different types of anxiety disorders a person may experience. The information was obtained from the Crisis Report Network (crisisnetwork.org). For more information about symptoms, doctor’s findings and treatment, please follow this link to their website. If you think you or someone you are close to has an anxiety illness, get help from a doctor.

COMMON ANXIETY ILLNESS - When a person has anxiety, they can have a sick feeling in their stomach. This uneasy feeling is common and everyone has it at some point. A person is likely to have an anxiety illness when they cannot get over these worries, and they are so upset that it affects their everyday life.

PANIC DISORDER - People with panic disorder experience fear that makes their heart pound and can take their breath away. This type of attack happens all of a sudden and without warning. Since people don’t know when the next time an attack may happen, they worry about it all the time.

FEAR OF AN OBJECT OR ACTION - Many of us stay away from some things like stinging bugs or dangerous situations, but sometimes people are so scared that it makes them unnecessarily stay away from certain things or situations.

POST-TRAUMATIC STRESS DISORDER (PTSD) – In the past, PTSD was thought to affect only people who were in a war. PTSD occurs when a person has seen or was part of a situation where he or she felt in danger. This includes but is not limited to rape, kidnapping, natural disasters, war or a bad accident like an airplane crash. People stay away from things that remind them of the event. Reminders can cause strong feelings of pain or panic attacks.

SOCIAL ANXIETY DISORDER (SAD) - SAD is the most common. People with SAD have a fear of social or work situations. People who have SAD are nervous when out in public. They think people are looking at them, they’re not saying the right things or they don’t look right.

GENERALIZED ANXIETY DISORDER (GAD) - These people worry over everyday events and decisions. They feel the world is not safe and that bad things happen to good people. They feel anxious or become restless, tired, irritable, and tense.

OBSESSIVE-COMPULSIVE DISORDER (OCD) - People who suffer from OCD repeat patterns of senseless thoughts and behaviors. It is difficult to stop. If left untreated, OCD can destroy a person’s capacity to function at work, school or even at home.
WHY ME? - First, you are not alone. 40 million Americans have an anxiety disorder. Scientists aren’t sure why some people get anxiety disorders. Different people in the same situation react in very different ways. These disorders run in families. If a parent has a disorder, chances are that the children may have one. Infants who tend to be shy or timid in social situations have higher rates of anxiety disorders when they get older.

GETTING HELP - The teenage years are an important period for finding and treating anxiety disorders. If aggressively treated as adolescents many of these disorders may not become chronic. But help at any age can be effective.

If you think you or a member of your family have an anxiety disorder, talk to your health care provider.

For more information about anxiety disorders, please follow this link to the Crisis Report Network:

https://www.crisisnetwork.org/find-help/behavioral-health-conditions/anxiety-disorders/