

BATTLING ANXIETY



**Understanding Your Anxious Mind and
Self-Help Mood Therapies**

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An Anxiety Attack: The Triggers of Behavioral Aberration

To understand the meaning of the term “anxiety attack,” it is essential to understand the difference between “anxiety” and an “anxiety attack.” Anxiety is a normal emotional state of mind that is caused as a reaction to a stressful situation or a distressing physical condition. This normal condition takes the form of an aberration when the individual continues to experience stress even when the stressful situation or condition is long past or if the individual experiences severe anxiety or stress in the absence of any obvious stress causing conditions. It is often difficult to distinguish between a heart attack and an anxiety attack, as the symptoms for both are almost similar.

An anxiety attack is usually characterized by several or all of the following symptoms; acute escalating tension, pain in the chest, nausea, light-headedness, dizziness, sweating and loss of one's perception of one's 'self'. The individual is said to be experiencing an anxiety attack when he/she begins to experience several of these symptoms that become severe as the time passes and usually reach a peak within ten minutes.

