

Anxiety disorder

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1. Introduction

Normal life includes some anxiety and fear. In a stressful situation, your brain triggers a flood of chemicals into the blood stream. Your heart beats faster your breath becomes shallow and rapid; muscles tense; your mind goes on full alert. It's all part of the human's innate reaction to a threat: You're ready to flee or fight.

2. Causes

The neurotransmitters serotonin, dopamine, norepinephrine, and gamma-amino butyric acid (GABA) are specifically believed to be linked to mood and anxiety disorders functions. Environmental stress. This refers to stressful events you have seen or lived through.



3. Symptoms

Psychological symptoms :

- restlessness
- a sense of dread
- feeling constantly "on edge"
- difficulty concentrating.

Physical symptoms :

- tiredness
- muscle tension
- insomnia
- trembling or shaking
- sweating
- stomach ache
- feeling sick
- headache
- pins and needles.

4. Treatment

Anxiety disorders can be treated with a variety of options, including psychotherapy such as psychological counseling, and medications such as benzodiazepines.

5. Advice

Take care of your body by eating a well balanced diet, Limit alcohol, caffeine , and sugar consumption, Take time out for Yourself every day, do your best to avoid activities you don't find relaxing.

6. Conclusion

Sometimes anxiety linger over and over, When they interfere with normal activities, there's problem, Chemical changes that occur in the human body may cause anxiety disorder, Symptoms may vary from person to person and among other types of disorders.

7. Reference

<https://www.webmd.com/anxiety-panic/understanding-anxiety-basics>