

# An Overview on Types of Anxiety and its Causes, Symptoms and Management

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## Opinion Article

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## DESCRIPTION

Anxiety is a common emotional state experienced by people of all ages, but when it becomes chronic or overwhelming, it can significantly impact one's quality of life. This article aims to shed light on anxiety, exploring its causes, symptoms, and various strategies to manage and alleviate its effects. Anxiety is a natural response to stress, often referred to as the "fight or flight" response. It is characterized by feelings of apprehension, fear, or unease in situations where one perceives a threat or danger. While occasional anxiety is a normal part of life and can even be motivating, persistent or excessive anxiety can interfere with daily activities and overall well-being.

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### Causes

**Stressful life events:** Significant life changes, such as moving, changing jobs, or experiencing loss, can trigger anxiety.

**Genetics:** A family history of anxiety disorders may increase the risk of developing anxiety.

**Brain chemistry:** Imbalances in brain chemicals, like serotonin and dopamine, can contribute to anxiety disorders.

**Personality:** Individuals with certain personality traits, such as perfectionism or a tendency to be easily overwhelmed, may be more prone to anxiety.

**Medical conditions:** Certain medical conditions, including heart disease, thyroid disorders, and chronic pain, can trigger or exacerbate anxiety.

**Substance abuse:** The use of alcohol, drugs, or caffeine can lead to or worsen anxiety symptoms.

### Symptoms

**Physical symptoms:** Rapid heartbeat, shortness of breath, sweating, trembling or shivering, muscle tension nausea or stomach discomfort, etc.

**Emotional symptoms:** Excessive worry, irritability, restlessness, difficulty concentrating, fear of losing control or going crazy, etc.

**Behavioral symptoms:** Avoidance of anxiety-inducing situations, seeking reassurance from others, social withdrawal, etc.

### Types of anxiety disorders

- **Generalized Anxiety Disorder (GAD):** Characterized by excessive, uncontrollable worry and fear about various aspects of life.
- **Panic disorder:** Features recurrent panic attacks, which are sudden, intense bouts of fear accompanied by physical symptoms like rapid heartbeat and sweating.
- **Social anxiety disorder:** Involves an intense fear of social situations and scrutiny by others, leading to avoidance of social interactions.
- **Specific phobias:** Involves intense fear and avoidance of specific objects or situations, such as heights, spiders, or flying.
- **Obsessive-Compulsive Disorder (OCD):** Combines obsessive, distressing thoughts and compulsive behaviors aimed at alleviating anxiety.
- **Post-Traumatic Stress Disorder (PTSD):** Occurs after a traumatic event and involves symptoms like flashbacks, nightmares, and severe anxiety.

### Coping strategies for managing anxiety

- **Breathing exercises:** Deep, slow breaths can help calm the nervous system. Techniques like diaphragmatic breathing and the 4-7-8 method can be effective.
- **Physical activity:** Regular exercise can reduce anxiety by releasing endorphins and promoting relaxation.

- **Mindfulness and meditation:** Mindfulness practices, such as meditation and yoga, can help manage anxiety by grounding you in the present moment.
- **Cognitive-Behavioral Therapy (CBT):** CBT is a well-established therapeutic approach that helps individuals identify and challenge negative thought patterns and behaviors associated with anxiety.
- **Medication:** In some cases, medication prescribed by a healthcare professional can help manage symptoms of anxiety.
- **Lifestyle modifications:** Avoiding caffeine and alcohol, maintaining a balanced diet, and getting adequate sleep can positively impact anxiety levels.

### CONCLUSION

Anxiety is a common human experience, but when it becomes chronic or overwhelming, it can affect every aspect of life. Understanding the causes, recognizing the symptoms, and employing coping strategies are crucial steps in managing anxiety. Seeking support from mental health professionals, friends, and family can also be invaluable in the journey to alleviate the effects of anxiety and improve overall well-being. Remember that with the right strategies and support, individuals can effectively manage and overcome anxiety, leading to a happier and healthier life.