

Anxiety

Jayan Namboodiri

Psychotherapist, India

Short Communication

ABSTRACT

Anxiety is a normal negative emotion. It is very common in our day-to-day life. Anxiety disorder is not common as it is constant and overwhelming anxiety and fear. Anxiety disorder is divided into following categories: Generalized Anxiety Disorder, Panic Attack, Post Traumatic stress disorder and Obsessive Compulsive disorder. There are different symptoms of anxiety such as dry mouth, palpitations, restlessness, tremor, headache etc. Some causes of anxiety disorders are hereditary in nature while other causes may be environmental in nature. The Treatments for anxiety disorder include breathing exercise, Hug and touch therapy, Passive progressive relaxation, yoga meditation, aroma and pet therapy and laughter therapy. It can be challenging and frustrating to live with an anxiety disorder. The constant worry and fear can make you feel tired and scared. To be effective, we need to better manage the anxiety.

Key Words: Anxiety, PTSD, Panic attack