

Understand and Manage Anxiety

Harini Ramarathnam

Vibha Education Services Corp, India

Short Communication

Abstract

Anxiety is one of the most frequently occurring mental disorders, encompassing approximately 18% of adults aged >18 years in the United States, with women being 60% more likely than men to experience an anxiety disorder in their lifetime. Whereas in India 1 in 5 undergoes anxiety and suffers from depression. Additionally, about 8% of adolescents aged 13 to 18 years have a diagnosed anxiety disorder. Anxiety disorders are one of the most frequently occurring mental disorders. They are the result of abnormal neurotransmitter function within the central nervous system. Treatment options for anxiety disorders include lifestyle modifications, psychotherapy, and pharmacotherapy. Anxiety disorders are a collection of psychological disorders characterized by excessive fear and anxiety that interfere with normal daily activities. Patients may demonstrate maladaptive behaviours including avoidance strategies. Anxiety disorders are the most prevalent psychiatric disorders. There is a high comorbidity between anxiety (especially generalized anxiety disorders or panic disorders) and depressive disorders or between anxiety disorders, which renders treatment more complex. This workshop will present attendees with an overview of what is Anxiety is all about? Anxiety Vs Anxiety Disorder, the causes and Symptoms of anxiety, various types of disorders, and Management techniques that include food, therapies, medication and Life style changes in a brief.

Biography

Harini Ramarathnam, is a Personal Transformation Coach/Life Coach/Life skill Trainer, and working in Vibha Education Services Corp., Bangalore, India.

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