

# DISCLAIMER

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# Anxiety

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# Anxiety

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- Persistent excessive or unrealistic worry
- Muscle tension
- Impaired focus
- Always On high alert / on edge
- Irritable / restlessness / insomnia
- Often seen with depression / social phobia / substance abuse
- Rarely associated with panic symptoms





# Causes of Anxiety

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- Genetic factors
- Life events, attitudes, upbringing
- Neuro-hormonal balance
- General state of health
- Emotional intelligence





# Diagnoses of Anxiety

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Excessive **anxiety** and worry (apprehensive expectation), occurring more days than not, for at least 6 months, about a number of different events or activities (such as work or school performance)





# Treatment of Anxiety

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- Regular exercise
- Training and medicine
- Good coping mechanisms
- Psychotherapy
- Medications:
  - SSRIs
  - Anxiolytics

Zoloft  
Prozac  
Paxil  
Lexapro  
Celexa  
Luvox

