

Teens and Anxiety

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What is Anxiety?

Anxiety is normal reaction to stressful situations. It can actually help you study harder for a test at school or keep you focused on a task. But when anxiety becomes frequent or creates chronic fears about daily situations it has then become an anxiety disorder.

Types of Anxiety Disorders?

There are five major types of anxiety disorders:

Generalized Anxiety Disorder

Obsessive Compulsive Disorder

Panic Disorders

Post Traumatic Stress Disorder

Phobias (which includes specific phobias ie: fear of spiders) or Social Phobia- fears in public places.

Symptoms of Anxiety?

Ruminating thoughts or thinking about the fear over and over again.

Rapid heartbeat and shortness of breath

Feeling nervous and keyed up frequently

Feeling restless, shaky and tense frequently

Sleep problems

Chronic irritability

Facts about anxiety?

Anxiety can begin in early childhood.

You have a greater chance of developing an anxiety disorder if a close family member suffers from one as well.

More women than men are diagnosed with anxiety disorder

Anxiety Disorder is the most common mental disorder diagnosed in the US and there are over 19 million Americans who suffer from this disorder.

The average age range being treated for an anxiety disorder is 18-54 yrs.

Treatment for Anxiety Disorder?

Anxiety Disorders can be effectively treated by various forms of counseling.

Cognitive Behavioral Therapy helps you change your thinking about your anxiety/ fears which then helps to change your behaviors associated with anxiety.

EMDR or Eye Movement Desensitization and Reprocessing is also another very effective way of dealing with anxiety and helps reduce or eliminate anxiety symptoms by changing the way you feel about the fears.

Sometimes medication can be prescribed by a doctor to help reduce anxiety symptoms.

It's important to remember that you are more powerful than the anxiety symptoms that you feel.