

Alcohol Anxiety: Its Causes, Symptoms and Limitations

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DESCRIPTION

Alcohol, a widely consumed and socially accepted substance, can have a profound impact on one's mental health. While many people enjoy moderate alcohol consumption without significant consequences, others may experience heightened anxiety as a result of drinking. Alcohol-induced anxiety is a complex issue that can affect individuals differently, leading to various physical and emotional symptoms. In this article, we will explore the causes, symptoms, and coping strategies for alcohol anxiety.

Alcohol anxiety

Alcohol anxiety, often referred to as hangxiety, is a term used to describe the feelings of anxiety that can occur after consuming alcohol. While some people may experience heightened anxiety during alcohol intoxication, many others encounter this anxiety in the aftermath of heavy drinking. It's essential to distinguish alcohol anxiety from general anxiety disorder, as the two can coexist but have different activates and treatment approaches.

Causes of alcohol anxiety

Alcohol as a depressant: Alcohol is a central nervous system depressant, meaning it slows down brain activity and can lead to feelings of relaxation and euphoria initially. However, as the effects wear off, the body may react with increased anxiety.

Neurotransmitter imbalance: Alcohol can disrupt the balance of neurotransmitters in the brain, including serotonin and Gamma Aminobutyric Acid (GABA), which play crucial roles in regulating mood and anxiety.

Alcohol withdrawal: Alcohol is physically addictive, and abrupt cessation can result in withdrawal symptoms, including anxiety, tremors, and even seizures. This phenomenon is known as alcohol withdrawal syndrome.

Symptoms of alcohol anxiety

Heightened anxiety: Individuals experiencing alcohol anxiety may feel excessively worried, fearful, or restless.

Racing thoughts: Racing thoughts and an inability to focus can be prevalent, making it challenging to relax or sleep.

Physical symptoms: Physical symptoms may include increased heart rate, trembling, sweating, and a sense of impending doom.

Regret and guilt: Feelings of regret about actions or behaviors while intoxicated can contribute to the anxiety experienced the morning after drinking.

Panic attacks: In severe cases, alcohol anxiety can lead to panic attacks characterized by sudden and intense fear, chest pain, and difficulty breathing.

Limitations for alcohol anxiety

Limit alcohol consumption: The most effective way to prevent alcohol-induced anxiety is to moderate your alcohol intake or abstain from drinking altogether. Set limits for yourself and stick to them.

Stay hydrated: Dehydration can exacerbate anxiety symptoms, so be sure to drink water while consuming alcohol and afterward.

Eat well: Eating a balanced meal before drinking can help slow the absorption of alcohol, potentially reducing its negative effects.

Practice mindfulness and relaxation techniques: Techniques such as deep breathing, meditation, and progressive muscle relaxation can help manage anxiety both during and after drinking.

Seek support: If you find that alcohol-induced anxiety is becoming a recurrent problem in your life, consider seeking support from a therapist or support group specializing in addiction and mental health.

Develop healthy coping mechanisms: Identify healthier ways to cope with stress and negative emotions, such as exercise, hobbies, or talking to a trusted friend.

Consider medication: In severe cases of alcohol anxiety or alcohol withdrawal, a healthcare professional may prescribe medication to alleviate symptoms. However, this should only be done under medical supervision.

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CONCLUSION

Alcohol anxiety is a real and distressing phenomenon that can affect anyone who consumes alcohol. Understanding its causes and symptoms is the first step in managing and preventing it. While enjoying alcohol in moderation can be a part of a healthy

social life for many, it's crucial to prioritize your mental well-being and take steps to prevent or cope with alcohol-induced anxiety when it arises. If you or someone you know is struggling with alcohol anxiety, seek professional help to address the underlying issues and develop effective coping strategies.