

Editorial Note on Anxiety Disorder in Humans

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EDITORIAL

Your body's innate reaction to stress is anxiety. It's a sense of dread or dread for what's to come. Most of the people are afraid and anxious on the first day of school, going to an interview, or in giving a speech.

Signs and Symptoms

- Common anxiety signs and symptoms include nervousness, restlessness, and tension.
- An accelerated heart rate occurs when one's heart beats quicker than normal.
- Excessive coughing (Hyperventilation)
- Sweating is a normal part of life.
- I was shivering, Feeling tired or low.
- Concentration and thinking about something other than the latest worry is impossible.

What are some of the different examples of anxiety disorders?

Anxiety plays a role in a variety of diseases. There are some of them:

- **Anxiety disorder:** Repeated panic attacks at inconvenient moments. An individual suffering from anxiety disorder includes constant fear of having another panic attack.
- **Social anxiety disorder:** Intense fear of being judged by others in social settings
- **Phobia:** Unreasonable fear of a particular object,

circumstance, or behavior.

- **Obsessive-Compulsive Disorder (OCD):** Obsessive-compulsive Disorder (OCD) is characterized by repetitive irrational feelings that contribute to the repetition of particular habits.
- **Separation anxiety disorder:** Fear of being apart from home or loved ones.
- **Disease anxiety disorder:** Fear of being sick (formerly called hypochondria).
- **PTSD (Post-Traumatic Stress Disorder):** Fear that occurs during a traumatic experience.
- Without resorting to medications, here are eight easy and healthy ways to deal with anxiety.
- Let it public. Talking to a trusted friend is one way to live with anxiety.
- Caffeine can assist you in breaking up from your partner.
- Create a bedtime for yourself.
- Don't be afraid to tell no. Remember to take your meals.

Anxiety Attack

Anxiety attacks are characterized by a fear of a new event or issue that might arise. Worry, restlessness, and potentially physical signs such as increases in heart rate are among the symptoms

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