

What is an anxiety disorder?

UNDERSTANDING ANXIETY

Anxiety refers to the normal feelings all people have when faced with stress, threats, or danger.

Anxiety is a common reaction to situations such as public speaking, tests or interviews, relationship problems, job loss, accidents, or death of a loved one.

Usually we feel anxious for a short time until the stressor passes.

Sometimes normal anxiety becomes a serious disorder that can disturb a person's ability to sleep, study, work, or think. Anxiety can become a condition that causes physical symptoms and serious emotional distress. This can occur in children, teens, adults, and seniors.

For 40 million Americans each year, anxiety disorders become a serious health problem that impairs normal daily activities.

Experiences of Anxiety

“Worrying about my homework became a problem when my thoughts kept me from sleeping at night and my mind went blank during tests.”

“After our car accident, my normally cheerful son became so nervous. Nightmares would disturb him daily and he couldn't concentrate at school anymore.”

“Daily obsessing about imagined fears and worries were draining me of energy.”



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Treatment Options

There are many treatment options for anxiety disorders.

Treatments that combine counseling talk therapy with medication often have the best long term results.

Counselors help by teaching skills to change negative thinking patterns, manage stress, understand triggers for anxiety and reduce panic.

Medications from a qualified M.D. can specifically influence the neurotransmitters system of the brain and reduce symptoms.

The support of family and friends is a very important part of treatment and coping for those who live with anxiety disorders.

There are many effective treatments to help those with anxiety disorders



Types of Anxiety Disorders

- Generalized Anxiety Disorder
- Panic Disorder
- Agoraphobia
- Social Phobia
- Specific Phobia
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder

Understanding Anxiety

Facts About Anxiety Disorders

Average age of onset is 11 years old

About 8% of teens aged 13-18 have a diagnosable anxiety disorder

About 18% of American adults have, anxiety disorders that create fearfulness, stress, and impairment.

Anxiety disorder is often accompanied by intense uncomfortable physical symptoms such as rapid heartbeat, breathlessness, and sweating or dizziness.

Anxiety disorders can interfere with healthy daily life activities.

Effective treatments are available and early treatment is highly recommended.

Do not hesitate to ask a counselor or doctor for information about treatment.

What causes anxiety disorders?

Many factors that may cause or contribute to anxiety disorders.

People who are very sensitive, shy, or nervous are more prone to develop anxiety disorders.

Research has demonstrated that the tendency to develop anxiety disorders runs in families due to both genetic factors as well as learned anxious behaviors.

Stressful life experiences are also associated with the development of anxiety disorders, particularly post-traumatic stress disorder.