

Frequently Asked Questions about Anxiety



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INTRODUCTION

Hi, I'm Deborah DeLay, LCSW, the CEO of the DeLay Counseling Group. I have provided emotional support and brain health for over 16 years. I am so excited that you have downloaded this PDF which shares the Frequently Asked Questions about Anxiety.

1. What is anxiety?

Anxiety is a natural response to a stressful or dangerous situation. The body reacts to a situation with a racing heart, sweaty palms and shortness of breath. Everyone has felt nervous, on edge, frightened, worried or anxious at some point in time and none of us enjoy feeling this way. Much of the time when we experience these feelings, most of us can cope effectively with the feelings and even the situations that evoke them. But if your anxiety becomes overwhelming and persistent, or if it interferes with your regular daily activities, or even makes them impossible, you may have or develop an anxiety disorder.

Anxiety is defined as:

- A state of arousal that is subjectively experienced as adverse
- A sense of fear and apprehension that puts you on alert
- A state of apprehension, uncertainty, and fear resulting from anticipation of a real or fantasized threatening event or situation.
- Often anxiety can impair physical and psychological functioning

2. What are signs of anxiety?

Excessive worrying that lasts for months, plus some of the following:

- Being easily tired
- Irritability or feeling keyed up
- Having difficulty concentrating or having your mind go blank
- Persistently being on alert for danger
- A persistent feeling of being unsafe
- Having difficulty falling asleep, staying asleep, or having restless, unsatisfying sleep
- Persistent daily worry
- Excessive list making
- Seeking reassurance from others
- Feeling overwhelmed
- Physical symptoms such as nervous stomach, headaches, neck tension or heart palpitations

3. Where causes anxiety?

- **Environmental factors:** Environmental elements can increase anxiety. Stress at work, school, a personal relationship, or financial difficulties contribute to anxiety. A person's environment alone can cause anxiety and can also trigger an anxiety disorder.
- **Genetics:** People who have family members with anxiety or anxiety disorder are more likely to have one themselves.
- **Medical factors:** The symptoms of a disease, side effects of medication, or stress from a serious medical condition can cause anxiety. Lack of oxygen from COPD, emphysema, or even high-altitude sickness can cause anxiety. Also, significant changes in lifestyle adjustments, pain, or serious medical treatment can cause anxiety.
- **Brain chemistry:** Brain structure and function can be altered by stressful or traumatic experiences can cause one to react more vigorously to triggers of anxiety. Psychologists and neurologists define many anxiety and mood disorders as disruptions to hormones and electrical signals in the brain.
- **Use of or withdrawal from an illicit substance:** Some drugs can cause anxiety while you are taking them. Other drugs can cause anxiety for several weeks after you stop taking them. **Alcohol** and illegal drugs can contribute greatly to anxiety.

4. When does normal anxiety become an anxiety disorder?

Anxiety is a natural part of our world and everyone has felt frightened, nervous, anxious or worried at some point in time, and none of us enjoy feeling like this. These feelings are unpleasant but often we can cope effectively with the feelings and the circumstances that evoke them.

“Normal” anxiety becomes a diagnosable Anxiety Disorder due to the intensity, duration, frequency, and impact it has on the person. When anxiety interferes significantly with the person's normal functioning and causes distress in several areas of their life it is very likely the anxiety will not go away on its own and professional help is advantageous. Anxiety disorders are very complex and sometimes finding out the reasons why you have one can be challenging.

5. How often is someone diagnosed with an Anxiety Disorder?

The [National Institute for Mental Health](#) (NIMH) says that over 40 million people in the USA over the age of 18 suffer from some anxiety-related disorder, and those are just the people who have been diagnosed. Millions more go undiagnosed. Although Anxiety Disorders are one of the more common forms of psychological disorders, it is also one of the most treatable mental health conditions. Research shows that counseling is usually the most effective option in treating anxiety disorders.

What can I do about my anxiety and when should I seek counseling?

When you actively engage and take care of your mental health needs the benefits are tremendous. While therapy is useful for anxiety disorders, it's also incredibly valuable in treating moderate conditions of anxiety and builds positive mental health habits. If you catch the issue early, you may prevent the anxiety from becoming an anxiety disorder. Overcoming your anxiety is very possible; it just requires commitment and the right guidance.

“Many of us deal with anxiety on a regular basis and just blow it off. You are not alone. Take charge of your mental well-being. Therapy is usually the quickest, most effective and safest route to change how you think, feel, and act”

Hope this was insightful and would love to connect with you, you can schedule a free consultation at this address. <http://dontdelaycounseling.com>