ANXIETY

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Anxiety is a common feeling as a response of our body to stress. It’s a mixed emotion of nervousness and afraid in reference to what will happen. For example, first day of school, render job interview or giving speech that may lead the person to feel nervous. When someone is undergo training or undertake new duties. That situation is not easy, we need to be confident, take advantage as challenge to work excellently. Ordinary anxiety is a feeling that comes and goes but does not disturb or hinder everyday routine. Anxiety considered as extreme if it continues for longer than six (6) months which hinder and affect with person’s life, it can consider as anxiety disorder. That emotional disorder would harm any person and any stage of life.

Anxiety disorder has several manifestations like panic disorder- if a person encountered recurring panic attack, living in fears and nervousness that may happen again. Phobia- it is fear beyond a particular object, situation and activity. Social anxiety disorder- it is exaggerated fear of being judge by other people in social surroundings. Obsessive-compulsive disorder- keep reminding irrational situation or repeated behavior. Separation anxiety disorder- is a strong feeling of fear and sadness when you are away from loved ones. Illness anxiety disorder- a person is afraid to have unhealthy condition of body and mind. And post-traumatic stress disorder (PTSD)- if someone had shocking experienced like battle in a war which usually described by depression and recurrent nightmare.

We have several symptoms of general anxiety such as raised heart rate, fast breathing, feeling nervousness, bored, hard to concentrate and hard falling asleep. An
anxiety attack is feeling confusion, suspicion fear, over worry or distress. Some people who experienced anxiety attack develops slowly and become worse as difficult event about to happen. Health experts suggested treatment for anxiety—psychotherapy and medication. Consulting with a psychologist or therapist religiously can greatly help to learn tools to use and strategies, methods techniques to cope and overcome with anxiety when it happens or attack. Medication usually used treat anxiety like anti-depressants and sedatives or tranquilizer. The role of synthetic medicine is to equalize the function of intellectual capacity, to prevent occurrence of anxiety and to stop the most severe symptoms of the disorder. Most important is the message of God to us, He said “Do not be worry about many things, instead; keep on praying and trusting God.”

References:
https://www.healthline.com/health/anxiety#disorders