

Anxiety Disorder



Stress and anxiety are a normal part of life. Feeling nervous or anxious before going for an interview or speaking in public is normal, and these feelings, which are linked to a specific event, subside once the event is over. However, if anxiety becomes constant, if the worrying persists long after the stressor has disappeared, or if you feel anxious for no apparent reason, you may be dealing with an anxiety disorder. Anxiety disorders are the most common of all mental health problems.

Causes

Anxiety disorder is usually caused by a combination of factors including biological (genetics), psychological (experiences or perceptions), and environmental (family and work stress). Anxiety can also be