

Effect of anxiety disorder

[Life](#), [Emotions](#)



EFFECT OF ANXIETY DISORDER Nowadays people suffer from not only physical health problems but mental problems are also quite common. Anxiety disorder is one of the mental problems which people face to handle commonly. Therefore; what is anxiety disorder? In an article of Anxiety Attacks and Anxiety Disorders explained that ;" Anxiety attacks(panic attacks), are episodes of intense panic or fear" (2012)*. Some effects of the anxiety disorder are faster heart beating and breathing, changing social behaviour. Firstly, one of the main effects of anxiety disorder, faster heart beating and breathing happen with increased adrenaline in the human body.

Because of this health problem, people feel always worried and they don't want to meet and see people around. therefore; these people want to be alone because they are afraid if they can be disgraced. One of the points that people should care, not every faster heart beating and breathing mean anxiety disorder, faster heart beating and breathing is quite a normal symptom of human beings' sensation; however, anxiety disorder patients have this beating immediately; moreover, without any symbol. Faster heart beating and breathing is a simple and common effect of anxiety disorder problem.

Secondly, it is really important and a bad effect of anxiety disorder; changing human behaviour. people with anxiety disorder, assume that if they can have panic when they speak or meet someone, As Lyness, PhD states that " people who have these illnesses, fear if others don't understand their problem; moreover, if they don't show understandability, if others can criticise his or her behaviour unrighteously. Patients are afraid of if they can meet misunderstanding, even though the anxiety problem is common, people with these illnesses feel alone and misunderstood (October, 2012)**.

Anxiety disorder effect of changing behaviour is affect even people social, school andfamilylife. Finaly, effects of anxiety disorder problem are faster heart beating and changing behaviour change human life profoundly. Although it has unwell effects, it isnt unrecover illnesses, it has solution. In article Anxiety disorder, according to Mr. Lyness, PhD, steps of treatment are that Tell a parent or other adult about physical sensations, worries, or fears. Get a checkup and make sure wheather it can be physical problem. Work with a mental health professional.

Get regular exercise, good nutrition, and sleep(October, 2010). RESOURCES
 **http://kidshealth.org/teen/your_mind/mental_health/anxiety.html#a_How_Are_Anxiety_Disorders_Treated_(first one: summury from under head of How Anxiety Disorders Affect People, second paragraph.. second one(in final part) is summary of under head of What to Do in article start from second paragraph.) ----- *http://www.helpguide.org/mental/anxiety_types_symptoms_treatment.htm (Under the head of Anxiety attacks and their symptoms, first sentence, direct quotation)