

ANXIETY READING COMPREHENSION

ANXIETY ESSENTIALS

CAUSES, SYMPTOMS, AND COPING

Read the text below and then answer the questions.

Anxiety is a common human emotion that involves a feeling of unease. This can result in both a physical response to stress or from negative thoughts about the future. It is important to understand the causes of anxiety so that you can better manage your symptoms.

Causes of anxiety

Anxiety can stem from a variety of sources, both biological and environmental. Biologically, you may be predisposed to anxiety due to genetic factors. This can then be influenced by environmental factors, such as stressful situations, trauma, relationships, and a sense of uncertainty. Additionally, anxiety can be caused by medications, alcohol, drugs, or through the diagnosis of a disorder. Anxiety can also be caused by underlying conditions, such as depression and other mental health disorders.

Symptoms of anxiety

Anxiety can manifest in a range of physical, emotional, and behavioral symptoms. Physical symptoms may include increased heart rate, sweating, trembling, and breathing difficulties, while emotional symptoms may include feelings of worry, nervousness, and a sense of impending doom. Behavioral symptoms may include avoidance of certain situations, avoiding social interactions, and avoidance of certain activities. These symptoms can vary by disorder and can be very similar to those of other disorders, making them difficult to identify.

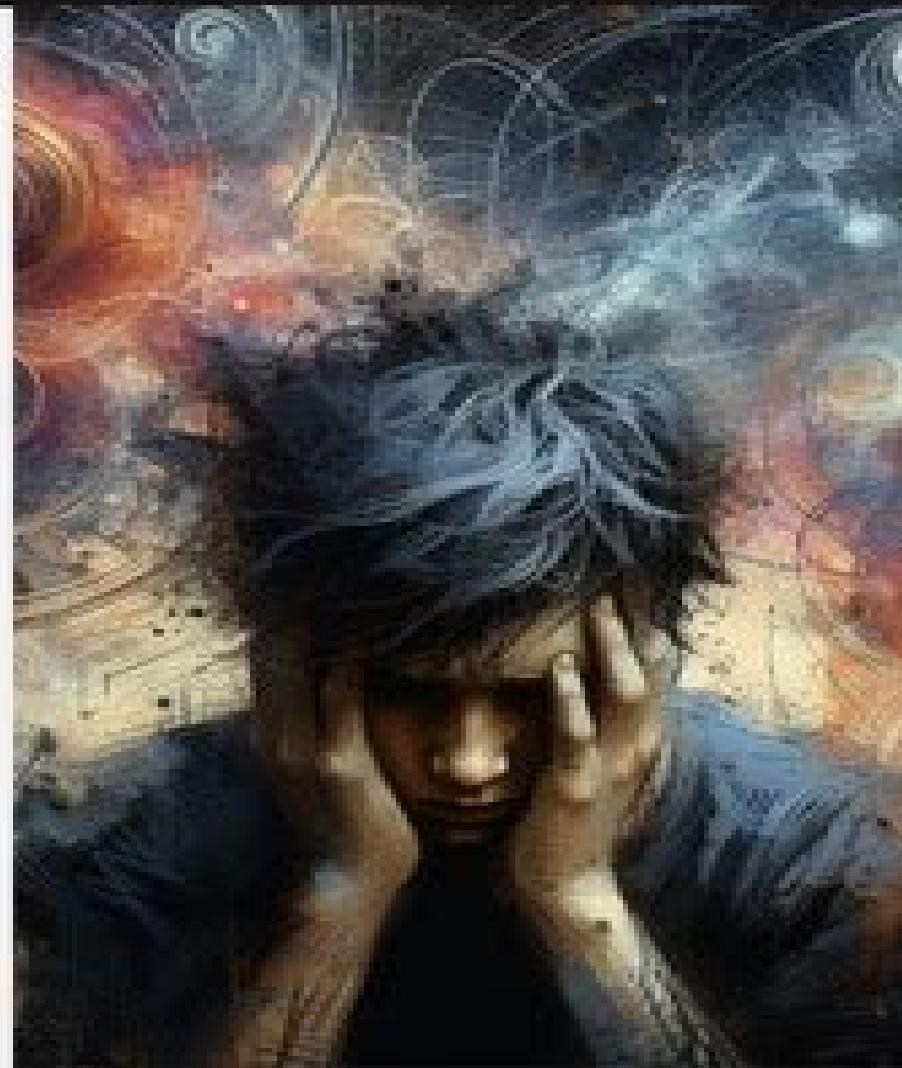
Treatment of anxiety disorders

There are several anxiety disorders that can be treated with medication and/or therapy. Cognitive-behavioral therapy (CBT) focuses on changing negative thought patterns and behaviors. This can involve identifying negative thoughts and then challenging them with more positive ones. Exposure therapy is another common treatment for anxiety disorders, where individuals are gradually exposed to their fears in a safe environment. Other treatments may include medication, such as selective serotonin reuptake inhibitors (SSRIs) or benzodiazepines.

Therapy is another option to consider for anxiety disorders. Therapists can provide emotional support and guidance. Cognitive-behavioral therapy (CBT) is a type of therapy that focuses on changing negative thought patterns and behaviors. This can involve identifying negative thoughts and then challenging them with more positive ones. Exposure therapy is another common treatment for anxiety disorders, where individuals are gradually exposed to their fears in a safe environment. Other treatments may include medication, such as selective serotonin reuptake inhibitors (SSRIs) or benzodiazepines.

Medication is a common treatment for anxiety disorders. There are several types of medications, such as SSRIs and benzodiazepines. These can help reduce symptoms and improve quality of life. However, it is important to note that medication should not be the only treatment for anxiety. Therapy and other treatments, such as cognitive-behavioral therapy (CBT), can also be effective. It is important to work with a healthcare provider to determine the best treatment plan for you.

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Marcel A. Müller

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