

## Some Highlighted Types of Anxiety Disorders

An anxiety disorder is the most common type of mental disorder that has over 40 million victims right now. There is a wide range of conditions that falls under anxiety disorders but all of them have one thing in common; causing extreme mood, emotional, and anxiety disturbances. People suffering from any type of anxiety disorder might end up having certain phobias as well like fearing certain things; water, height, spiders, snakes, for instance. Also, panic attacks become common for people dealing with anxiety disorders.

GAD or generalized anxiety disorder is the more unfocused one; this type of anxiety disorder can cause the victim to suffer from fatigue, insomnia, and certain other health issues. Social phobia, SAD, or social anxiety disorder is another common type that is nothing but an extreme fear of social situations that is unreasonable. People suffering from this anxiety disorder start avoiding people at all times whether at work or doing anything else. People dealing with this fear that others might notice their problem and this gets the condition worse. Then comes OCD or obsessive compulsive disorder; a person suffering from this type gets obsessive thoughts, anxiety, a need to keep everything perfect and nagging doubts. People suffering from this disorder are obsessive about things and they tend to keep everything free from germs and clean; they also keep on washing their hands every now and then. However, people who have this also know that this is not something normal but they cannot help it either. This disorder is also known as the doubting disease or insanity with insight; it is a living hell according to people who have it.

Moving on we have PTSD or post traumatic stress disorder; this is basically caused due to an abuse, an accident, natural disasters, or rape. Usually soldiers suffer from this disorder when they come home after being on war. A few common symptoms include anger, nightmares, flashbacks, and insomnia. There is another type of disorder known as separation anxiety that is caused when younger children get separated from the parents; it affects the children and parents both. If you love your child a lot and he has to go away for studies or work; you might suffer from separation anxiety due to this.

Although these anxiety disorders cannot seriously harm you and they are not really dangerous either but they can make you isolated from the rest of the world so it is better to treat them immediately.



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