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4411 Washington Ave.  
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Evansville, IN 47714  
812-479-1916

Written by:  
Christina Huber, LCSW

**Anxiety** is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

**Anxiety Disorder** is a mental health disorder characterized by feelings of worry or fear that are strong enough to interfere with one's daily activities.

**Anxiety Disorders include:**

- Separation Anxiety Disorder
- Panic Disorder
- Agoraphobia
- Generalized Anxiety Disorder
- Specific Phobia
- Social Phobia
- Selective Mutism



**Panic Disorder:**

Recurrent unexpected panic attacks which can include the following symptoms:

- Accelerated heart rate
- Sweating
- Trembling or shaking
- Shortness of breath
- Feelings of choking
- Chest pain
- Nausea
- Feeling dizzy, light headed, or faint
- Chills or heat sensations
- Numbness or tingling sensations
- Being detached from one-self
- Fear of losing control
- Fear of dying

**Generalized Anxiety Disorder:**

Excessive anxiety or worry occurring more days than not about a number of events or activities which include the following symptoms:

- Restlessness
- Being easily fatigued
- Difficulty concentrating
- Irritable
- Muscle Tension
- Sleep disturbance

**Causes:**

The causes of anxiety disorders are not clearly understood. Possible reasons that can lead to developing anxiety disorders include:

- Changes in the brain's chemical makeup or genetic reasons.
- Changes in environmental stress or use of poor coping skills.
- Direct or indirect messages from the people around you contributing to your worry.
- Past experiences of traumatic events.

For more information on anxiety disorders or if you feel like you may exhibit symptoms of an anxiety disorder talk to your therapist about proper diagnosis and treatment options.