Anxiety Disorders

Generalized Anxiety Disorder: General and excessive worry not explained by other anxiety disorders. Symptoms include excessive worry, irritability, restlessness, difficulty concentrating, mind going blank, sleep disturbances, muscle tension, easily fatigued, etc.

Panic Disorder: Sudden and unexpected panic attacks (with and without agoraphobia) – doesn't need a particular stimulus to onset it. Symptoms include intense fear, chest discomfort/pain, sweating, trembling or shaking, nausea or abdominal stress, feeling dizzy, detachment from surrounding, chills or hot flashes, fear of dying, etc.

Separation Anxiety Disorder: Excessive worry or fear about being separated from attachment figures

Specific Phobia: Avoidance or restriction of activities, places or situations because of the excessive or irrational fear of an object or situation. For example, fear of animals, flying, tunnels

Social Anxiety Disorder: Excessive fear of being judged or criticized by others. Leads to avoidance of social situations

Agoraphobia: Fear of having a panic attack or symptoms in a situation or place where help may not be available

Post Traumatic Stress Disorder: Intense re-experiencing of a past traumatic event