

I'm here to tell you that anxiety disorders, they're as real as diabetes.

They often describe to me some classic symptoms of an anxiety disorder.

Anxiety is the very real and normal emotion we feel in a stressful situation.

There are ways the fight-or-flight response is kept somewhat in check, with an area of higher-level thinking called the ventromedial prefrontal cortex.

If a person sees something they think is dangerous, like a tiger, that sends a signal to the amygdala, saying "it's time to run." The ventromedial prefrontal cortex can say to the amygdala, "Hey, look.

With anxiety, these threat-detection systems and mechanisms that reduce or inhibit them are functioning incorrectly and cause us to worry about the future and our safety in it.

They experience persistent pervasive anxiety that disrupts work, school and relationships and leads them to avoid situations that may trigger symptoms.

Anxiety disorders are not at all uncommon.

Based on data from the World Mental Health Survey, researchers estimate that about 16 percent of individuals currently have or have had an anxiety disorder.

Studies have shown that people with anxiety disorders don't just have a different way of reacting to stress.

The pathways that signal anxiety become stronger.

And the more anxiety you have, the stronger the pathways become, and it becomes a vicious cycle.

Studies have shown that both long-term medications and cognitive behavioral therapy can reduce that overreactivity of the amygdala we see in anxiety disorders.

And the same is true for an anxiety disorder too.

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Link: <https://youtu.be/xsEJ6GeAGb0>