

QUESTIONS AND ANSWERS FOR ANXIETY

QUESTION		ANSWER
nlu.md		domain.yml
## intent: anxiety_intro		response: utter_intro
1	<ul style="list-style-type: none"> - what is anxiety - what does anxiety mean 	Anxiety is body's emotional and physiological response to triggers in the surrounding environment. In simple words, it is body's normal response to stress.
## intent: anxiety_bad		response: utter_bad
2	<ul style="list-style-type: none"> - is anxiety bad - is anxiety is always a bad thing 	No. Although anxiety is tough to deal with, there are some studies suggesting that it helps to stay motivated to achieve our goals.
## intent: anxiety_symptoms		response: utter_symptoms
3	<ul style="list-style-type: none"> - how do I know if I am suffering from anxiety - how do I know if I have an anxiety disorder - what are the symptoms of anxiety - what are the physical symptoms of anxiety 	Some of the common symptoms of anxiety include: increased heart rate, sweating, palpitations, sweating, dizziness, headaches, upset stomach, and difficulty concentrating.
## intent: anxiety_factors		response: utter_factors
4	<ul style="list-style-type: none"> - what are the main factors that cause anxiety - what are the risk factors for anxiety 	Anxiety can be the result of a number of factors such as genetics (children of adults with an anxiety disorder have a higher risk of developing one), psychological (individual has a tendency to overestimate danger) and experiences (an embarrassing moment or traumatic event).
## intent: anxiety_cure		response: utter_cure
5	<ul style="list-style-type: none"> - can anxiety be cured - is there any way to cure anxiety 	A permanent cure for anxiety sounds like a tempting idea but it can be managed with different therapies, medication and lifestyle changes in diet, exercise.
## intent: anxiety_related_diseases		response: utter_related_diseases
6	<ul style="list-style-type: none"> - can anxiety cause other diseases - can anxiety lead to other diseases 	Anxiety can contribute to diseases such as heart disease and digestive problems. High levels of anxiety can cause deficiencies in your immune system which can also lead to diseases.
## intent: anxiety_can_kill		response: utter_can_kill
7	<ul style="list-style-type: none"> - can anxiety kill me - can anxiety be dangerous for me 	Anxiety can be a scary experience. Its an invisible issue because it does not have a physical marker that shows the world what you are going through. Hence, if its symptoms are not recognized on time and if its not cured through effective ways, the individual may have suicidal thoughts.
## intent: anxiety_handle		response: utter_handle
8	<ul style="list-style-type: none"> - what should I do to tackle anxiety - what are the ways to handle anxiety 	There are multiple ways to handle anxiety. Some of the effective ones include:

	<ul style="list-style-type: none"> - how anxiety can be handled - are there ways to tackle anxiety 	<ul style="list-style-type: none"> - Exercise: Physical activity is may help reduce anxiety. Consider walking, jogging, swimming, gardening or any other physical activity. - Diet: Maintain your diet. Choose more protein and Omega 3, and fewer simple carbohydrates. - Say NO to: Alcohol, drugs and any type of tobacco consumption. - Plenty of sleep: Enough sleep is important. If you are having trouble sleeping, talk to your doctor about the same.
## intent: anxiety_handle_breath		response: utter_handle_breath
9	<ul style="list-style-type: none"> - does breathing help handle anxiety - can breathing be helpful for anxiety - can breathing exercises be effective in tackling anxiety 	Yes. doctors often recommend breathing exercises as a way to cope with anxiety. Such exercises are known to help people slow heart rate and feel calm.
## intent: anxiety_consult_doctor		response: utter_consult_doctor
10	<ul style="list-style-type: none"> - what do I need to tell my doctor - what is it that my doctor must know to solve my anxiety related problems 	<p>In order for the doctor to know your condition, don't forget to talk about:</p> <ul style="list-style-type: none"> - symptoms you have had. - medications you are taking. - key personal information such as other diseases/disorders you have.
## intent: anxiety_panic_attack		response: utter_panic_attack
11	<ul style="list-style-type: none"> - what can I do if I feel my anxiety escalating to a panic attack - what should be done in the case of anxiety leading to a panic attack - what if anxiety leads to a panic attack 	Not everyone who has anxiety will experience a panic attack. However, the best way to avoid one is to recognize the symptoms of anxiety as they begin to occur and take steps to lower the anxiety before it has a chance to escalate.
## intent: anxiety_coffee		response: utter_coffee
12	<ul style="list-style-type: none"> - can coffee affect anxiety - is coffee effective in handling anxiety 	Yes. Coffee, tea and certain drinks contain 'caffeine' which is the most widely used psychoactive drug in the world.
## intent: anxiety_caffeine		response: utter_caffeine
13	<ul style="list-style-type: none"> - how does caffeine help handle anxiety - how does caffeine act on anxiety - is it true that caffeine can reduce anxiety 	Yes. Caffeine is a central nervous system stimulant, meaning that it reduces tiredness and drowsiness which often lead to better mood.
## intent: anxiety_medication		response: utter_medication
14	<ul style="list-style-type: none"> - should I take medications for my anxiety - is medication needed for anxiety - is medication important for anxiety 	One of the more popular questions about anxiety is regarding medications. There are a lot of options that doctors may prescribe to treat anxiety, including medications. So if anxiety is becoming a major issue in your life, you should speak to a medical professional to evaluate if medications are the right choice for you.
## intent: anxiety_medication_effect		response: utter_medication_effect
15	<ul style="list-style-type: none"> - how can I tell if my medication is working 	Keep a daily log. List your most common symptoms and rate each symptom on a daily basis. After you complete

	<ul style="list-style-type: none">- is there any way to figure out if my medication is working or not- how to figure out the effectiveness of my medication	this activity for several weeks, you can share it with your doctor. Together, you can go through your symptoms, determine whether they have improved, and/or decide whether your medication should be adjusted or completely changed.
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