

**Assignment for Anxiety Disorders**

**5% of final mark**

**Due March 1st**

1. What is anxiety? What were some of the word that resonated with you from the answer garden activity we did in class?
2. Is it normal to experience anxiety and fear responses?
3. How is anxiety a base disorder?
4. What does a panic attack compare to? Describe the symptoms and the body’s reaction.
5. Is anxiety sometimes beneficial? Why or why not?
6. What is exposure therapy? (We saw in the video on Phobia’s in class), and how is it an effective choice for therapy?
7. In the video we watched about Howie Mandell, what was his illness and what were his specific symptoms?
8. What are specific phobias? Give an example of one.
9. Name a: biological, social, and psychological cause for anxiety or an anxiety based disorder.
10. What is the difference between PTSD, and ASD?
11. What interests you most about the topic of anxiety?
12. What other mental health issue or disorder (in your opinion) is greatly impacted by anxiety? It can be one we discussed in class OR you can choose another one that you are familiar with. ☺
13. How is food and exercise related to anxiety (and depression). Give a specific example for each.

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Answers:

1. Anxiety is a general term for several disorders that causes nervousness, fear and worrying. Regret, stress, depressed, scared, mental illness, hopelessness, panic and many more are resonated me.
2. Yes, it is normal to experience a certain amount of apprehension about future danger or misfortune.
3. Anxiety is surely a base disorder. Anxiety can occur in many forms like fear, depression, muscle tension, panic, worries. So, anxiety leady to these mental disorders.
4. Panic attack is compared to a heart attack although there is nothing wrong with the heart or anxiety attack. Shortness of breath, difficulty breathing, heavy perspiration, weakness and dizziness, accompanied by feelings of terror, helplessness and a strong desire to escape are some of the symptoms and body reactions.
5. In a way yes, as anxiety is a state of worry or fear so it can help us in preventing situations that could harm us as a result they can share their feelings to others.
6. Exposure therapy is a psychological treatment that was developed to help people overcome their fears. It involves exposing the victim to the anxiety source without putting any danger to the victim so that the he/she can overcome the fears and it is quite effective.
7. Howie Mandel was suffering from Obsessive Compulsive Disorder (OCD). Symptoms were anxiety, fear, give up, feeling sick and isolation from loved ones.
8. Specific phobias are the mental disorders which causes irrational fear when a person is exposed to specific objects or situations. For example: gynephobia- fear of women
9. Biological: Hyperventilation can cause excess amounts of oxygen leaving us feeling faint or light headed.

Psychological: Anxiety is a psychological reaction to danger and they reflect energies attached to unconscious conflicts.

Social: bullying, family conflict, sexual abuse.

1. ASD is a traumatic stress reaction occurring in the days and weeks following exposure to traumatic event. PTSD is a prolonged reaction to a traumatic event that threatened death or serious injury to one’s own or another’s physical safety.
2. What I know more about to know more about is the Biological anxiety. For example, which chemicals trigger this mental disorder.
3. I believe panic attack is the one that puts great impact on society. One would escape of the hardships and follow easy ways which is no good.
4. Food and Exercise is the natural way of treating anxiety:

Food: Have a healthy diet. I am a pure vegetarian and I prefer to eat fruits, green vegetables, pulses, cereals and wholegrains. Also, with them,

I eat cheese, peanut butter, nuts, sesame seeds, oats, milk because they help the brain to produce the neurotransmitter, serotonin which improves the mood and feelings.

Exercise: I like to meditate. It relieves you from the hardships and your soul become peaceful. Well I love jogging in early mornings, swimming and weight lifting which gives freshness to our body and mind.