

Fifty-year-old Kate spends much of her day worrying. She lives with her family, and each day when her daughter drives to work, Kate is afraid she will have an accident. She is afraid of traveling by herself; she might get lost. Kate refuses to take elevators; what if the elevator breaks down? She is afraid a dog will hurt her cat if it goes outside. She is afraid of storms—what if lightning strikes her?

Kate has been diagnosed with generalized anxiety disorder. That means that Kate, and people like her, worries constantly about bad things happening, about their health, their work or their relationships.

Although there are many different kinds of anxiety disorders, some of the symptoms are similar. Anxious people are often irritable and uneasy. For instance, they find it hard to relax or to concentrate or to sleep. They may have physical symptoms like heart palpitations, sweating, dizziness, nausea, feeling faint, indigestion, or bowel problems, or even loss of libido. *Common anxiety problems include:*

Phobias

We're all scared of something, but people with phobias have an intense fear that can affect their lives. Examples are if someone has such a powerful fear of heights that they can't live or work in tall buildings, or they are so afraid of spiders that they won't go into the garden.

Social Phobias

People with this problem are scared of things in public like eating, drinking, speaking or writing. They're afraid that if they don't do these things well or make a mistake, other people will notice and think they are worthless. Social phobia can make it hard for people to have relationships, a social life, or even a job.

Post Traumatic Stress Disorder (PTSD)

Many people who have experienced major traumas like war, torture, persecution, traffic accidents, fire or violence, continue to feel terror long after the event. They may have nightmares or flashbacks for years. They may feel anxious a lot of the time and find it hard to concentrate or sleep.

Obsessive Compulsive Disorder (OCD)

Mark couldn't keep a job for long because he never got to work on time. The reason? He had to keep checking over and over again that he really had locked the front door. OCD are compelled to do certain things repetitively, such as washing their hands repeatedly until the skin is raw.

Agoraphobia

People with agoraphobia often experience fear in places like supermarkets, department stores, crowded places, confined places or even on freeways. They are afraid of being in a place or a situation where they can't get help if they need it or from where it might be difficult or embarrassing to get way.

Panic Disorder

People with this problem have severe panic attacks in everyday situations where most people don't feel afraid. These attacks include physical symptoms like palpitations and nausea, along with a fear that they will lose control or even die. This fear may also result in agoraphobia—some people become afraid they will have a panic attack when they leave their homes.

Source: New South Wales Health