



<a href="#">About Us</a>
<a href="#">Get Connected</a>
<a href="#">Events</a>
<a href="#">Hedges &amp; Highways</a>
<a href="#">Directions</a>
<a href="#">Times of Services</a>
<a href="#">Library</a>
<a href="#">Current News</a>
<a href="#">Finance</a>
<a href="#">Health</a>
<a href="#">Donations</a>
<a href="#">Weather</a>
<a href="#">Dictionary</a>
<a href="#">Login</a>

## Anxiety: A Universal Problem

Have you ever felt short of breath or lightheaded? Could you feel your heart starting to race faster and faster? Did you break out into a sweat? Do these feelings come to you without warning or even over minor issues? You may be suffering from an anxiety disorder, a frequently experienced problem today.

There are many different causes of anxiety but most research suggests that the three primary sources are: physical causes, psychological issues, and cognitive components. Physical causes may include asthma, diabetes, hyperthyroidism, or certain medication . Anxiety itself involves the entire body. The symptoms include trembling, increased heart rate, shortness of breath, and cold feet and hands. Psychological factors include memory of earlier trauma or fear, or current life events which seem overwhelming. These can be positive (planning a wedding) or negative events (grief over loss of a loved one). Cognitively, there is a part of our mind which allows us to believe a situation is endangering us. We feel a threat to ourselves which may or may not be actual. Anxiety comes from our notion that an event is going to place us in danger or somehow take away our freedom or our sense of control.

Anxiety comes in many "shapes and sizes." .....

### Normal Anxiety

We all suffer from this type of anxiety at various times and to varying degrees. There is usually a specific event which brings this about. Anxiety about a test or a new job might be an appropriate and natural reaction to an unfamiliar situation.

### Generalized Anxiety

This occurs when people experience unrealistic anxiety about a number of events in their lives, over extended periods of six months or more. The anxiety is accompanied by difficulty concentrating, sleep problems, and restlessness.

### Panic Attacks

Short, intense attacks of panic which come "out of the blue" are often accompanied with intense fear or terror. During the episode, symptoms such as shortness of breath, palpitations, chest pain and choking sensations are common. Many panic sufferers end up in an emergency room believing they are having a heart attack. When the fear of having a second panic attack triggers recurrence, the condition is called panic disorder.

### Phobia

Excessive fear of a specific external object or situation limits life or work.

### Quick Finder

- [A](#) [B](#) [C](#) [D](#) [E](#)
- [F](#) [G](#) [H](#) [I](#) [J](#)
- [K](#) [L](#) [M](#) [N](#) [O](#)
- [P](#) [Q](#) [R](#) [S](#) [T](#)
- [U](#) [V](#) [W](#) [XYZ](#)

Specific phobias commonly relate to fear of such things as elevators, snakes, spiders, or bridges. Phobic disorders include agoraphobia (fear of leaving the house) and social phobia (fear of loss of control in public).

### **Obsessive-Compulsive Disorder**

Uncontrollable, repetitive behaviors, unreasonable to the average person, interfere with daily routine. One common example is excessive hand washing due to an extreme fear of contamination by germs or dirt.

### **Post Traumatic Stress Disorder (PTSD)**

An extremely traumatic event wherein a person is confronted with death, serious injury or threatened injury to self or others is re-experienced. The trauma is persistently relived in memory, dreams and flashback episodes contributing to outbursts of anger, difficulty with sleep, and extreme wariness.

### **Help is Available**

The best treatment for anxiety and phobias is one that is tailored to your needs. To get that help, several steps are advised.

- Get a thorough physical examination.
- Call your EAP counselor for an appointment. You may discuss your symptoms and what type of assistance would be appropriate for you. Your EAP counselor can find someone to help you who has an understanding of anxiety problems. It is most important that you feel comfortable with the person who you choose.
- Assess your stress management skills. Learning some simple techniques to incorporate into your daily routine will reduce the chances that you will develop an anxiety related problem. Your EAP counselor can help you with this.
- Eat and drink sensibly, get sufficient rest, find ways to relax and clear your mind of worries. Exercise releases tension and builds endurance. Develop a regular exercise routine.
- Find a good listener such as a friend, a family member, or a member of your church who may serve that role. Talking out a problem can be a great relief to you and can reduce stress and anxiety to an acceptable level.


---

Print Page

Back

Forward

Top of Page

Copyright © 1999 - 2006 Tree of Life Bible Church · P.O. Box 1123 · 13924 Braddock Road · Centreville VA 20120 · 703 830-4563 · Powered by 

© Tree of Life Bible Church [Home](#) | [Privacy](#) | [Know Jesus Christ](#) | [Downloads](#) | [Contact Us](#) | [For Weddings](#)

Minister Grant Eden Harrison