

ANXIETY

Anxiety is our body's natural response to stress. However, when the feelings are extreme and persist for a long time, one may have anxiety disorder



SPECIFIC SYMPTOMS

PANIC DISORDER

- Fear of losing control and/or dying
- Maladaptive change in behaviour to avoid having panic attacks
- Panic attacks
- Persistent concern or worry about future panic attacks and their consequences

AGORAPHOBIA

- Intense fear or anxiety that is out of proportion to the actual danger posed by the agoraphobic situations

GENERALISED ANXIETY DISORDER (GAD)

- Difficulties concentrating
- Fatigue
- Irritability
- Muscle tension
- Restlessness or feeling on edge
- Sleep disturbance



SOCIAL PHOBIA/SOCIAL ANXIETY DISORDER

- Blushing or stammering when trying to speak
- Feeling like your mind has gone blank



GENERAL RISK FACTORS

- Hereditary or genetic factors
- Gender (females are more prone to anxiety issues than males)
- Temperamental traits of shyness or behavioral inhibition in childhood
- Some physical health conditions, such as thyroid problems or heart arrhythmias, or caffeine or other substances/medications, can produce or aggravate anxiety symptoms; a physical health examination is helpful in the evaluation of a possible anxiety disorder

STAFF RISK FACTORS

- Unsupportive workplace environments
- Financial burden
- Overly-demanding job scopes
- Studies indicate a higher risk of anxiety for blue-collar workers

