Anxiety is a term that is often used to make reference to a number of different disorders referred to as the Anxiety Disorders.

Different Anxiety Disorders differ from one another in terms of the duration of time one’s anxiety affects them for, situations where their anxiety is worsened, the frequency that one experiences symptoms of anxiety, what provokes the anxiety as well as how crippling an effect a person’s anxiety has on their lives.

Everyone is affected by anxiety. Anxiety is an emotion that is triggered by our fight or flight system to protect us from danger as well as to take precautionary measures to prevent us from being exposed to danger. It could therefore be said that anxiety is to a degree a healthy emotion for us to be able of experiencing however it is when the anxiety occurs at a frequency/duration that anxiety can become anything from problematic to crippling thus greatly compromising a person’s quality of life. Anxiety that is of this type of nature is troubling for the person living with and affects their ability to function in everyday society and therefore is an anxiety that can be classified as an anxiety disorder.

Anxiety can be anything from a chronic state of fear over one’s state of health to a disabling condition that stops someone from being able to hold down a job and ending up on a benefit such as Employment Support Allowance due to not being able to work.

Anxiety Disorder can be in the form of Obsessive Compulsive Disorder, Generalised Anxiety Disorder, Panic Disorder, Post Traumatic Stress Disorder, Social Anxiety Disorder

Many people turn to anxiolytic medication i.e. tranquilisers to treat their anxiety but these just cover up the symptoms and they are addictive as well as lose their effect with time. The best thing for a person with any condition is to opt for cure over treatment where possible especially when treatments can have strong side effects. It is the case that mental health is where the affected individual can help themselves the most but in our society is unfortunately encouraged to help themselves the least. Many mental health professionals do recognise that the best psychologist/psychotherapist for any person with a mental health problem is found within themselves. At Fitful Life we will teach you as well as empower you towards becoming your own therapist by teaching you cognitive strategies that research has proven to be able of conquering your anxiety disorder thus allowing you to give up the reliance on tranquiliser medication and rehabilitate yourself back to becoming an independent adult.