

HAS ANXIETY GOTTEN THE BEST OF YOU?

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There are things that can make a person anxious; which are just a part of our daily lives. However, there are also anxiety disorders; that are not a part of our daily lives, and need medical attention.

At one point in time I struggled with an anxiety disorder; that was brought about by me burying my feelings when I had breast cancer. I was going to be a true trooper and not let anyone see that inside I was an emotional mess. It took a couple of years for this anxiety disorder to manifest itself and when it finally reared its ugly head I was a mess. My husband finally said to me, “You need to see your doctor.” This was my wake-up point; when I knew I had to take steps to get this under control. I had always been one of those people who thought anxiety medications were just a crutch for those who were not strong enough to power through their situation. I was wrong; very wrong. The medication I was given by my doctor, gave me my life back.

According to the Mayo Clinic some of the symptoms of anxiety include:

- *Feeling nervous, restless or tense**
- *Having a sense of impending danger, panic or doom**
- *Increased heart rate**
- *Hyperventilation**
- *Sweating**
- *Trembling**
- *Feeling weak or tired**
- *Trouble concentrating or thinking about anything other than the present worry**
- *Trouble sleeping**
- *Gastrointestinal problems**
- *Difficulty controlling worry**

If you are experiencing anxiety and it is interfering with your work, relationships or other parts of your life you need to seek medical assistance.

You would not have an issue seeking treatment if you broke your leg so seek treatment in that same way to get your anxiety under control. I know from experience this is a miserable way to live and medical treatment can give you a new lease on life.