

anxiety rocking

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Anxiety disorders - Symptoms and causes - Mayo Clinic

Examples of anxiety disorders include generalized anxiety disorder, social anxiety disorder (social phobia), specific phobias and separation anxiety disorder. You can have more than one anxiety disorder.

Anxiety disorders - Diagnosis and treatment - Mayo Clinic

While most people with anxiety disorders need psychotherapy or medications to get anxiety under control, lifestyle changes also can make a difference. Here's what you can do:

How to reduce anxiety without medication - Mayo Clinic Press

Living with anxiety can be like living in a house with an alarm system that misfires. That's how psychologist Craig N. Sawchuk, Ph.D., L.P., co-chair for clinical practice in the Mayo Clinic Department of Psychiatry & Psychology, describes it.

Generalized anxiety disorder - Symptoms and causes - Mayo Clinic

Excessive, ongoing anxiety and worry can interfere with your daily activities and may be a sign of generalized anxiety disorder, but treatment can help.

Generalized anxiety disorder - Diagnosis and treatment - Mayo Clinic

Excessive, ongoing anxiety and worry can interfere with your daily activities and may be a sign of generalized anxiety disorder, but treatment can help.

Tips for coping with an anxiety disorder - Mayo Clinic News Network

Learn what situations or actions cause you stress or increase your anxiety. Practice the strategies you developed with your mental health professional so you're ready to deal with anxious feelings in these situations.

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Trastornos de ansiedad - Síntomas y causas - Mayo Clinic

Estos sentimientos de ansiedad y pánico interfieren con las actividades diarias, son difíciles de controlar, son desproporcionados en comparación con el peligro real y pueden durar un largo tiempo. Con el propósito de prevenir estos sentimientos, puede suceder que evites ciertos lugares o situaciones. Los síntomas pueden empezar en la infancia o la adolescencia y continuar hasta la edad ...

Pediatric Anxiety Disorders Clinic - Overview - Mayo Clinic

Mayo Clinic's Pediatric Anxiety Disorders Clinic provides advanced, evidence-based medical and psychological treatment for people with anxiety disorders.

Mayo Clinic Q and A: Building resilience to tame anxiety

Anxiety is a common and uncomfortable struggle for many people. Here are nine tips to build up your resilience when faced with anxious times: