

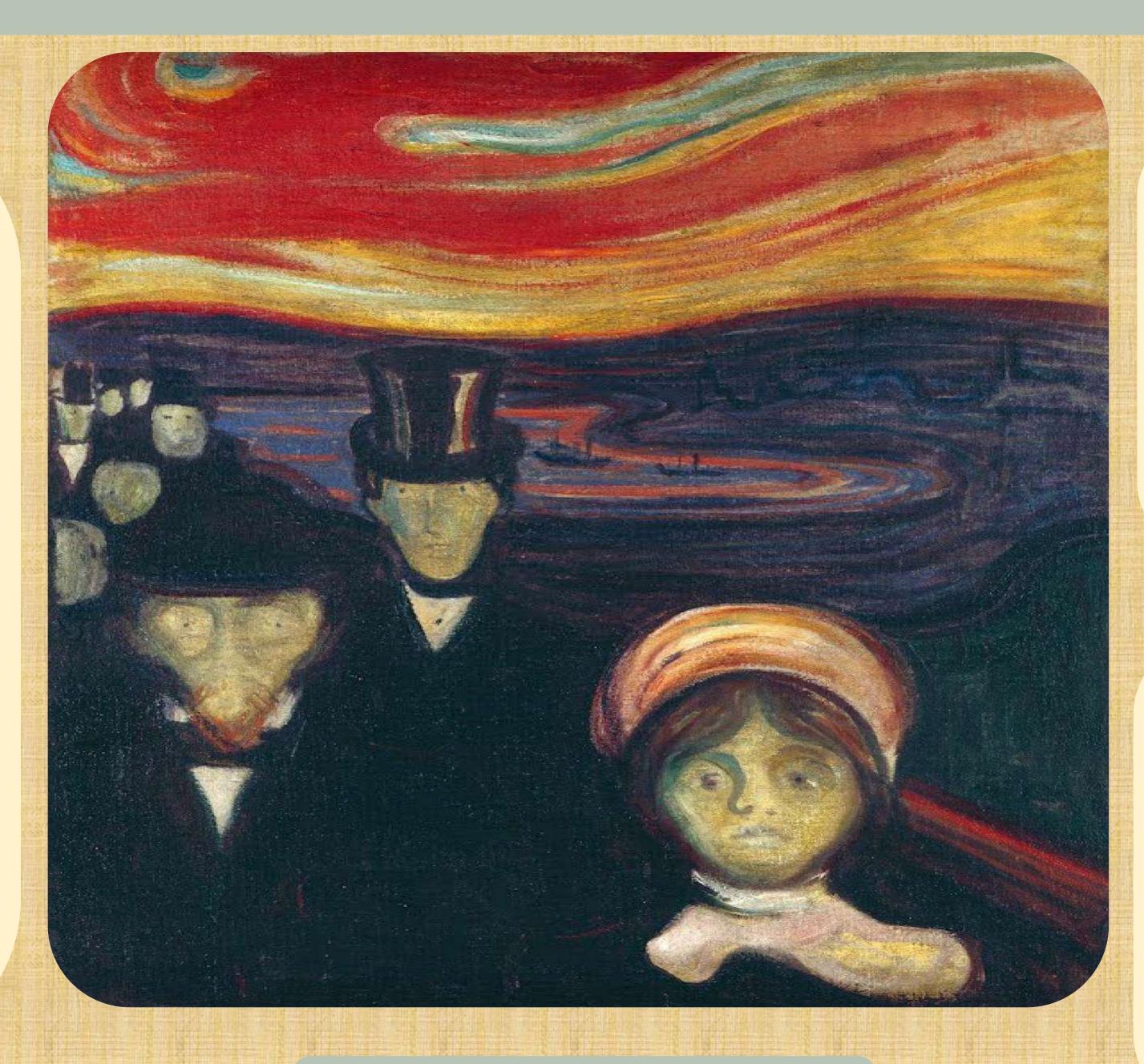
# Libyan international Medical University, Faculty of Pharmacy **Anxiety disorder** Nehal Yasser3687, Somaya Salem3314, Khadeejah Abdelrazik3328

## 1. Introduction

Normal life includes some anxiety and fear. In a stressful situation, your brain triggers a flood of chemicals into the blood stream. Your heart beats faster your breath becomes shallow and rapid; muscles tense; your mind goes on full alert. It's all part of the human's innate reaction to a threat: You're ready to flee or fight.

#### 2. Causes

neurotransmitters The serotonin, norepinephrine, dopamine, and gamma-amino butyric acid (GABA) are specifically believed to be linked to mood and anxiety disorders functions. Environmental stress. This refers to stressful events you have seen or lived through.



## 3. Symptoms

#### **Psychological symptoms :** restlessness a sense of dread feeling constantly "on edge" difficulty concentrating. **Physical symptoms :** tiredness muscle tension insomnia trembling or shaking •sweating •stomach ache • feeling sick • headache • pins and needles.

Anxiety disorders can be treated with a variety of options, including psychotherapy such as psychological counseling, and medications such as benzodiazepines.

Take care of your body by eating a well balanced diet, Limit alcohol, caffeine, and sugar consumption, Take time out for Yourself every day, do your best to avoid activities you don't find relaxing.

Sometimes anxiety linger over and over, they interfere with normal When activities, there's problem, Chemical changes that occur in the human body may cause anxiety disorder, Symptoms may vary from person to person and among other types of disorders.



### 4. Treatment

## 5. Advice

#### 6. Conclusion

#### 7. Reference

https://www.webmd.com/anxiety-panic/understanding-anxiety-basics