

# Do I have Anxiety?

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Anxiety is a normal part of life as it helps to motivate us to get things done. However, for some people it can become a problem. You can tell it has become a problem when it interferes with your life.

Do you suffer from panic attacks? Fear of public speaking? Flashbacks? Obsessive thoughts? You likely have an anxiety disorder. You experience intense, prolonged feelings of fear or distress that interfere with your personal and work life and even your physical health. Cognitive Behaviour Therapy (CBT) is one of the most effective treatment for Anxiety. Stephen Giles MSW RSW. has a Certificate in Cognitive Behaviour Therapy from the University of Toronto and Hincks Delcrest Center and is experienced in helping people like you overcome Anxiety.

## Types of Anxiety Disorders

**Panic Attack** - a period of intense fear that occurs without warning, accompanied by symptoms such as shortness of breath, heart palpitations, dizziness, and a fear of losing control.

**Obsessive-Compulsive Disorder** - persistent, unwanted thoughts and/or repetitive behaviours which cannot be controlled. Examples are fear of germs, repeated doubts, disturbing aggressive or sexual thoughts, hand-washing, counting and checking locked doors.

**Post-Traumatic Stress Disorder** - a traumatic event such as child abuse, rape, war or a natural disaster leading to symptoms such as flashbacks of the terrifying experience, nightmares, depression and anger.

**Generalized Anxiety Disorder** - excessive anxiety and worry about routine life events and activities, with symptoms of restlessness, fatigue, difficulty concentrating, irritability, muscle tension, and sleep disturbance.

**Phobia** - an excessive and persistent fear. Examples are fear of a social or performance situation; fear of something specific like flying or heights; and agoraphobia.