

Anxiety Disorders

General Information

Anxiety disorders are a serious medical illness. These disorders fill people's lives with overwhelming anxiety and fear.

Anxiety is a strong feeling of intense fear and constant worry. Anxiety is usually an occasional temporary reaction to the stresses of everyday life. Some anxiety is normal. You need to get help when you have physical symptoms that keep you from feeling healthy and affect your work or social life. Severe and chronic (long-lasting) anxiety needs treatment.

Generalized Anxiety Disorder (GAD)

Generalized anxiety disorder (GAD) is more than normal, everyday anxiety. It is long-term, exaggerated worry and stress that interferes with work or social activity. This makes your everyday tasks more difficult.

Other signs and symptoms of GAD: muscle tension, irritability, tiredness, trouble concentrating or depression.

Tej Kev Nyuaj Siab

Tej Hauv Paus Ntaub Ntawv Xov Xwm

Tej kev nyuaj siab yog ib yam mob loj. Tej yam no ua rau tib neeg nyuaj siab thiab ntshai heev, nyiaj tsis tau li.

Kev nyuaj siab li no yog ib yam uas ua rau yus ntshai heev thiab txhawj xeeb tsis tseg li. Feem ntau tib neeg muaj kev nyuaj siab hauv lawv lub neej tiam sis kev nyuaj siab no tsis nyob ntev. Tej kev nyuaj siab me me li no tsis ua li cas. Yog tias koj muaj tej yam ntawm koj lub cev uas qhia tias koj muaj mob thiab ua rau koj nyob tsis zoo thiab ua rau koj tsis xav ua hauj lwm los sis nrog lwm tus neeg nyob ua ke, ces koj yuav tsum nrhiav kev pab. Yog tias koj nyuaj siab heev ntev mus (tsis txawj zoo li) ces koj yuav tsum nrhiav kev kho.

Kev Nyuaj Siab Loj (Generalized Anxiety Disorder [GAD])

Kev Nyuaj Siab Loj (Generalized anxiety disorder [GAD]) yog thaum koj nyuaj siab ntau dua qhov uas tsim nyog. Nws yog kev nyuaj siab thiab kev txhawj xeeb uas kav ntev mus, uas tab kaum yus txoj hauj lwm los sis txoj kev nrog lwm tus neeg sib raug zoo. Qhov no ua rau yus muaj teeb meem ua neej nyob.

Lwm yam qhia tias koj muaj mob GAD yog: lub cev ceev ceev, yus kus kes, nkees nkees, tsom ntsoov ib qho tsis tau los sis poob siab tsus.

Panic Disorder

If you suffer from panic disorder, you suddenly feel terrified with no warning. These situations are called panic attacks. You cannot predict them. They can happen at any time and in any place. During a panic attack you may have:

- shortness of breath or fast heartbeat
- shaking, trembling
- nausea, abdominal pain
- sweating, weakness and/or dizziness
- a feeling like you are “going crazy.”

You may live in fear of another attack and avoid places where you have had a panic attack.

Phobias

A phobia is a fear of an object, activity or situation that is so intense that you avoid the cause of that fear. Common fears are:

- animals or insects
- heights
- enclosed spaces
- flying.

If you have a social phobia, you may worry about embarrassing yourself in front of others. You may believe that other people are watching you, waiting for you to make a mistake. You may have a hard time talking to other people at work or at school. You may be nervous about a meeting or speech for weeks.

Kev Siab Nyob Tsis Tus (Panic Disorder)

Yog tias koj muaj qhov kev ua siab nyob tsis tus no, tos nco koj cia li ntshai ntshai. Tej no hu ua cia li ceeb loj heev. Koj tsis paub hais tias koj lub siab yuav nyob tsis tus thaum twg. Koj lub siab nyob tsis tus thaum twg los tau los yog nyob qhov twg los tau thiab. Thaum koj lub siab nyob tsis tus li no tej zaum koj yuav muaj raws li nram qab no:

- ua pa tsis tau los sis lub plawv dhia ceev
- tes taw thiab ib ce tshee
- xeev siab, mob plab
- tawm fws, qaug zog thiab/los sis kiv kiv taub hau
- xav hais tais koj yuav “vwm.”

Tej zaum koj yuav ntshai tsam koj lub siab rov qab nyob tsis tus ib zaug thiab koj yuav zam tej qho chaw uas koj lub siab tau nyob tsis tus thaum nyob ntawd.

Tej Kev Ntshai (Phobias)

Ib qho phobia yog thaum koj ntshai ib yam khoom, ib yam koj yuav ua los sis ib qho chaw puag ncig es koj qhov ntshai ntawd ua rau koj xav zam tej ntawd kom thiaj tsis ntshai. Tej kev ntshai zoo li no yog ntshai:

- tsiaj txhu los sis kab
- qhov siab
- tej chaw ti ti
- ya.

Yog tias koj ntshai nyob ze lwm tus neeg, tej zaum koj txhawj tsam koj ua rau koj tus kheej txaj muag tab meeg lwm tus neeg. Tej zaum koj ntseeg tias lwm tus neeg ntsia ntsoov koj, tos koj ua dab tsi yuam kev. Tej zaum koj nrog lwm tus neeg sib tham tsis tau tom hauj lwm los sis tom tsev kawm ntawv. Tej zaum koj txhawj xeeb heev txog ib txoj kev sib ntsib los sis ib txoj kev hais lus rau lwm tus neeg ntau lis piam ua ntej yuav muaj li ntawd.

Obsessive-Compulsive Disorder (OCD)

If you have obsessive-compulsive disorder (OCD), you worry and have repeated thoughts that may be upsetting. Upsetting thoughts and images are called obsessions. Examples are:

- fear of germs
- fear of being hurt
- fear of hurting others
- disturbing thoughts about sex or religion.

You may also do actions over and over to make disturbing thoughts go away. Such actions are called compulsions. Examples are:

- repeated counting
- repeated cleaning (including repeated handwashing)
- repeated checking on something (such as, if the front door is locked)
- hoarding or stockpiling.

You know what you're doing doesn't make sense, but you can't stop. These thoughts or actions can become so time consuming that you are unable to live a normal life.

Kev Txhawj Xeeb Heev (Obsessive-Compulsive Disorder [OCD])

Yog tias koj txhawj xeeb heev li no (obsessive-compulsive disorder [OCD]), koj txhawj thiab xav txog tej yam uas ua rau koj ntshov siab ntau heev. Tej kev xav uas ua rau koj ntshov siab li no yog tej yam uas koj xav txog tsis tu tsis tseg li, tsis muaj peev xwm xav txog lwm yam. Piv txwv hais tias:

- ntshai kab mob
- ntshai lwm tus neeg ua rau koj mob
- ntshai tsam koj ua rau lwm tus neeg mob
- tej kev xav txawv txav txog kev pw ua ke los sis kev ntseeg ntuj.

Tej zaum koj yuav pheej ua tej yam txawv kom thiaj ua rau koj tej kev xav phem ploj mus. Tej yam uas koj ua li no yog hu ua compulsions. Piv txwv hais tias:

- suav leb tas l
- pheej ib sij tu ub tu no tas li (suav qhov uas ntxuav tes ntau zaus)
- pheej ib sij mus kuaj ub kuaj no tas li (xws li, saib lub qhov rooj puas xauv)
- khaws khoom los sis tu khoom cia.

Koj paub hais tias qhov uas koj ua ntawd tsis zoo xws luag, tiam sis koj tsum tsis tau li. Tej kev xav thiab tej yam koj ua no nkim sij hawm ntau heev npaum li tias koj ua neej xws luag tsis tau hlo li.

Post-traumatic Stress Disorder (PTSD)

You may get post-traumatic stress disorder (PTSD) after a traumatic (life-threatening) after being in or seeing a scary or terrible event, such as:

- a rape
- sexual, physical or emotional abuse
- a violent crime
- a car or airplane crash
- a weather disaster (such as a tornado)
- a fire
- a war
- an event where you thought you might have been killed.

PTSD may cause flashbacks, nightmares and intense distress when you are in or around anything that reminds you of the event. You may have problems sleeping, and you may not be able to care about or trust others. You may always be looking for danger. You may become upset when something unexpected happens. Anniversaries of the event are often difficult.

Treatment

Anxiety disorders can be treated. Medicine and talk therapy can help reduce your symptoms.

Talk with your health care provider about how you can get help.

Teeb Meem Tom Qab Raug Kev Nyuaj Siab (PTSD)

Tej zaum koj yuav muaj teeb meem tom qab raug kev nyuaj siab (PTSD) tom qab koj raug xwm txheej (uas txo tau yus txoj sia) tom qab koj raug los sis pom ib yam dab tsi xwm txheej phem, zoo li:

- kev yuam pw ua ke
- kev tsim txom ntawm kev pw ua ke, yus lub siab los sis lub cev
- ib txoj kev txhaum loj heev
- ua tsheb los sis dav hlau sib tsoo
- huab cua phem (zoo li khaub zeeg cua)
- hluav taws kub tsev
- ntaus tsov rog
- ib yam xwm uas koj xav tias tej zaum txo tau koj txoj sia.

PTSD ua rau yus rov qab pom, ua pau suav pom thiab raug kev nyuaj siab ntau thaum koj nyob hauv los sis ze ib yam dab tsi uas ua rau koj nco qab txog qhov xwm ntawd. Tej zaum koj yuav tsaug zog tsis tau, thiab tej zaum koj yuav tsis muaj peev xwm hlub los sis tso siab rau lwm tus neeg. Tej zaum koj yuav pheej xav tias muaj kev as tas lais nyob ze. Tej zaum koj yuav npau taws thaum muaj dab tsi los uas koj tsis tau npaj rau. Thaum rov qab txog lub sij hawm uas tau muaj qhov xwm txheej ntawd, hnuv ntawd yog ib hnuv nyuaj heev rau koj.

Kev Kho

Tej kev nyuaj siab no yeej pab kho tau. Yeej kho tau tej teeb meem ntawm kev txhawj xeeb. Cov tshuaj kev sib tham pab ntaus tau tej kev mob no.

Cia li nrog koj tus kws kho mob sib tham saib koj yuav tsum ua li cas kom thiaj txais tau kev pab.