

Anxiety And Stress. Understanding The Differences And Options.

Stress is usually associated with a less than useful thought process that we have that provokes a specific emotional response such as anger or anxiousness. As everyone is different the thought process and emotional response is always going to be different from one person to the next.

When someone is experiencing anxiety there is a difference to feeling stressed. Feeling stressed is a much more general type of condition, where in the case of anxiety the condition and cause is more specific. Unfortunately the cause of anxiety is not always obvious which can in turn lead the anxiety sufferer to experience ever increasing levels of anxiety about their inability to identify the cause. A classic vicious cycle.

When someone experiences stress the causes can be many. Emotional trauma is very common especially so if the trauma is a low grade and ongoing. Obvious emotional states such as fear or grief, as well as bio chemical issues such as blood sugar regulation problems and adrenal depletion, can be likely causes of stress.

Irrespective of what the specific causes are in effectively treating stress and anxiety the cause does need to be found. This is not always easy but a good place to start is mapping out your symptoms and making note of the situations and circumstances that are associated with high levels of stress and the occurrence of your anxiety attacks.

Once the cause of the stress and anxiety has been uncovered finding someone who you can talk to openly about your specific issue is often advised. Whether that person be a professional therapist, a support group or simply someone who you can talk things out with, finding someone to talk with and work out some solutions that are appropriate, and most importantly that you will follow through with, is often the best form of self help in these situations.

Whatever treatment you choose for your anxiety you must also make sure that how you live day to day supports that treatment. Proper sleep and rest, adequate nutrition and regular exercise will support whatever therapeutic approach you are taking.

Of course what we have discussed here are measures you can take should you still have a reasonable amount of control of the stress and anxiety. If severe physical symptoms palpitations, pain in the chest, extreme dizziness and disorientation occur along with self destructive thoughts, get medical help immediately. While anxiety and stress can be addresses with the basic measures we have discussed sometimes they are not enough. Always seek appropriate medical treatment when in doubt

About the Author

[Treating Anxiety Attacks](#) can be accomplished immediately and easily. To discover how to totally [Eliminate Panic Attacks, Anxiety & Stress](#) permanently follow link to receive your FREE book.

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