

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Worry and Anxiety Help

By Ken McIsaac

Worry and Anxiety Help by Ken McIsaac

"A god, invisible but omnipotent. It steals the bloom from the cheek and lightness from the pulse; it takes away the appetite and turns the hair gray." – Benjamin Disraeli (1804–1881)

It does a lot more than that, Benjamin! The harm that worry causes in our lives has been well documented by many writers, health professionals, and philosophers. Worry can weaken and sicken us, and turn our days into nightmares. At the very least, it prevents us from living fully and happily the only life that we will ever have. At it's worse, it is a killer.

There are numerous ideas that help to reduce or eliminate worry and the symptoms associated with it. Many of the pages in this collection present different topics for consideration in a program to live a happy life with a minimum of worry.

Worrying over things that 'might' happen can waste large portions of one's life, considering that so often it is for nothing, and almost certainly does no good.

"My life has been full of terrible misfortunes, most of which never happened." – Michel de Montaigne (1533–1592)

A lot of our anxieties and fears have no sound basis. The rest, when examined for what they are, can usually be set aside. In the small percentage of cases where they cannot, they should not dominate our lives. If it's something we can do nothing about, let's spend our time thinking about the good and pleasant things in our lives, and move on in a peaceful and contented state of mind.

"There is great beauty in going through life without anxiety or fear. Half our fears are baseless, and the other half discreditable." – Christian Bovee (1820–1904)

It's never too late to start eliminating worry.

This article is an excerpt from 32 KEYS A Collection of Ideas About Life by Ken McIsaac. Read the complete book online at <http://modena.intergate.ca/personal/mci/32keys.htm>

How To Tell If You Have Anxiety

By Derek Marsh

Many disorders exist for anxiety. They range from post-traumatic stress disorder to extreme reactions to phobias. One of the most commonly experienced forms of the problem is the Generalized Anxiety Disorder. We can see the variations and therefore identify which one is present in a person.

1. Anxiety Disorder

Basically, the key symptom is excessive anxiety and worry. As noted, some level of anxiety and worry is entirely natural. It is our way of warning ourselves of risks and possible problems. Not having an ability to experience anxiety would surely be far more destructive than experiencing normal anxiety levels. Elevated anxiety disorders, Of course, can be debilitating. When ones worries become out of whack with reality and are disproportionate or excessive, a problem is present.

2. Diagnostic Criteria

Lets take a closer look at the DSM diagnostic criteria for a Generalized Anxiety Disorder. As noted, it first requires excessive anxiety and worry. It also requires that these worries most occur more days than not for a period of at least six months, about a number of events or activities In other words, one must be disproportionately worried on a regular basis about a variety of things in order to receive the diagnosis.

3. Three Of Six Symptoms

– restlessness or feeling keyed up or on edge – being easily fatigued – difficulty concentrating or mind going blank – irritability – muscle tension – sleep disturbances

4. Uncontrollability

Thus, being worried a lot does not in and of itself constitute a disorder. There must also be some level of uncontrollability and some other manifestation of the problem. An anxiety disorder, according to the diagnostic volume, cannot be the outgrowth of concerns related to a similar disorder. For instance, having a fear of a panic attack (that is a feature of panic disorder) when one experiences panic attacks would not qualify.

5. The Heart Of The Matter

If the anxiety becomes distressful enough to impair social or occupational situations and prevent functioning in society, this can be of major concern. This is really the heart of the matter. When the worry and anxiety reach a level that interferes with normal functioning, an anxiety disorder is present.

This breakdown applies specifically to a Generalized Anxiety Disorder diagnoses, but it is enlightening with respect to other anxiety disorders. Primary features are still the exact same with excessive worry, experiencing this frequently and uncontrollably.

For more great anxiety related articles and resources check out



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!