

# Download Anxiety Depression And Phobias

Anxiety. Let's begin with a simple graphic explanation of anxiety. First, consider the concept of fear, which must be distinguished from anxiety. If you were sitting in a room and suddenly a large rattlesnake crawled through the door, you would have good reason to be afraid. The Anxiety and Depression Association of America (ADAA) is an international nonprofit membership organization (with more than 1,800 professional mental health members) and a leader in education, training, and research for anxiety, depression and related disorders. A phobia is a type of anxiety disorder that describes an excessive and irrational fear of a specific object, activity, or situation. Phobias involve intense fear surrounding an object or situation that realistically poses little or no real danger. It's a normal part of life to experience occasional anxiety. But you may experience anxiety that is persistent, seemingly uncontrollable, and overwhelming. If it's an excessive, irrational dread of everyday situations, it can be disabling. When anxiety interferes with daily activities, you may have an anxiety disorder. - Anxiety Depression And Phobias