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Anxiousness and anxiety disorders Focus on the Family

February 2nd, 2019 - Let s take a look at some of these disorders Generalized Anxiety Disorder GAD " People who suffer from this disorder experience excessive anxiety or worry about the things of everyday life in a way that causes distress or significant impairment in normal daily functioning For a diagnosis of GAD to be made feelings of anxiety must occur most days for six months

Anxiety and physical illness Harvard Health

February 10th, 2019 - Chronic respiratory disorders and anxiety In asthma inflamed airways constrict spasmodically reducing the flow of air through the lungs In chronic obstructive pulmonary disease COPD inflammation of the airways is exacerbated by a loss of elasticity in the lungs not only is it more difficult for air to reach the lungs

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