

Published based on [Dealing With Matters Of Anxiety And Stress In Our Daily Lives](#)

Dealing With Matters Of Anxiety And Stress In Our Daily Lives

Anxiety and stress are a part of our modern lives, and there's no refusing that fact. It is hard not to talk about anxiety and stress in the conditions of daily existence, regardless if referring to work problems or to the butterflies in the stomach before a first date. Tension is actually part of our life, and it often stimulates us to work harder and achieve more of the set goals. However, anxiety and stress no longer remain stimulating factors when present in too high proportions in one's life: anxiety disorders are a nervous disease and they have to be treated. Such a health problem makes the sufferer experience anxiety and stress most of the time, even when there is no reason for feeling so.

Anxiety and stress could thus bother you all day long, preventing you from carrying on with regular activities, or you may experience such discomforts in occasional bouts that are incredibly intense and terrifying. Such health problems do not result from a character flaw; stop believing that this happens because you are weak. Pulling yourself by the bootstraps may not always work, and then you need a specialist. Therapy becomes required, sometimes accompanied by the dispensation of tranquilizers or antidepressants. Hence, before resuming a normal life, all the factors that cause anxiety and stress have to be identified and dealt with.

There are two components for every disorder caused by anxiety and stress: one biological and another psychological, and therefore the solution for the problem has to include a combination of interventions relying both on cognitive and behavioral psychotherapy. Genetics and family history influence the appearance and evolution of an anxiety disorder, but there are other factors that contribute to the evolution of the disease. Traumatic experience, the impossibility to deal with a too high stress level, major life decisions, alcohol or substance abuse, emotional instability and lots of other problems could be at the root of recurrent panic attacks.

Family support is incredibly important in the fight against [anxiety and stress](#). It is more than obvious that people with a balanced and harmonious lifestyle who feel happy with their family and living conditions, are less likely to suffer from an anxiety disorder. Nevertheless, dealing with stress is something natural in day to day life, and the nervous system will fail to cope with it only when there is too much. In addition, the same family support is incredibly helpful for the recovery of a person suffering from an anxiety disorder. Good documentation, open communication with the therapist and the active involvement in helping the patient, should normally reduce anxiety and stress and help one regain normality. You can deal with [anxiety and stress](#) with positive guidance and a little persistence.

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