



# **Coping with Anxiety and Stress Disorders (Harvard Medical School Special Health Reports)**

*Ann R. Epstein*

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Everyone worries or gets scared sometimes. But if you feel extremely worried or afraid much of the time, or if you repeatedly feel panicky, you may have an anxiety disorder. Anxiety disorders -- which include panic attacks, post-traumatic stress disorder, and obsessive-compulsive disorder -- are among the most common mental illnesses, affecting roughly 40 million American adults each year. Thankfully, there are numerous therapies to help control anxiety and stress disorders. This report provides up-to-date information on these treatments, including medications, exposure therapy, cognitive behavioural therapy, hypnosis, meditation, and exercise. It also includes information on the many types of anxiety and stress disorders, their symptoms, causes, and getting a proper diagnosis, as well as advice on making treatment work for you.

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