



Anxiety Disorder: A peaceful morning (Colección Salud)

Apolo Zepeda

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Are you worried and you don't know why? Do you feel unsure sometimes and you have constant fears? Do you live stressed? The anxiety disorder is the most common "nervous illness". 25% of the world population suffers from this disorder. It is normal to be nervous at one time or another but if one person is not able to relax, it could alter the normal function of his/her nervous system. It is important to know the symptoms for there could be consequences such as self- medication or alcoholism. What can I do to control anxiety? Most of the times we can't control daily situations but we need to learn to relax. It is necessary to understand very well this disorder in order to live in peace.

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