

9 Myths About Anxiety Debunked

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Do you feel like you're struggling with too many worries? Do they interfere with your sleep and keep you from enjoying the life you deserve?

If so, know that you're not alone! Millions of people in our country are stressed out and worry needlessly. Because of this prevalence, much research has been done to discover how to help.

You don't have to suffer in silence, hoping that your worries will just go away. There are things you can do to alleviate your struggles!

Learn more about anxiety and the myths that surround it:

- 1. Myth: Anxiety isn't a real illness.** Although there isn't a medical test you can take to see if you have anxiety, **all of your worries and the physical consequences that go with them are very real.** If your worries are negatively impacting your life, you can get help and take steps to treat it.
- 2. Myth: You can pass out when having a panic attack.** A panic attack won't cause you to pass out, as fainting will usually occur when there is a drop in blood pressure. The opposite occurs when you experience a panic attack, with your heart rate and blood pressure increasing.
- 3. Myth: You should avoid stressful situations if you suffer from anxiety.** The issue with this is that it is almost impossible to avoid stressful situations. Life is full of stressful, and often unexpected, situations that you simply cannot avoid.
 - Trying to avoid situations that cause stress can actually make anxiety worse.

- **However, you can learn coping mechanisms that can help you to deal effectively with these situations.**

4. Myth: Some people just worry and cannot be treated. While there are some people who stress more than others, there are plenty of treatment options available for all cases.

5. Myth: Anxiety disorders are rare. You may think that you are the only person that suffers from such worries, but research has found that as many as one in five struggles with an anxiety disorder.

- Many people feel that they are alone with their struggle, and without actively seeking help, they will continue feeling alone.

6. Myth: My anxiety will get better on its own. Many people put off seeking treatment for anxiety as they are able to go about their daily lives without too much issue. Yet, over time the condition may get worse.

- **It's important to get treatment and learn coping mechanisms - the sooner, the better, because you don't have to suffer.**

7. Myth: I only need a little drink to get through this. Many choose to self-medicate to get themselves through a stressful event, often opting for drinking alcohol or taking or a recreational drug.

- While this may work in the short term, over time you can become addicted to these while the anxiety will remain.
- There are also additional health risks associated with these choices to think about too.

8. Myth: Anxiety treatment will take forever. You may start to see

improvements just with a few sessions of cognitive behavioral therapy (CBT).

9. Myth: You can overcome anxiety overnight if you want to. If you have ever heard someone say to just “get over it” when it comes to your concerns, then they likely don’t really understand how much worry anxiety can cause.

- This lack of support may lead to you avoiding the subject entirely and cause you to suffer in silence.
- **Seek treatment to help overcome your worries.** A professional counselor or therapist understands that your worries are real and how they can debilitate you. **They have techniques that can help you.**

Anxiety can be a serious condition if left untreated and can prevent you from living a fulfilled life. Don’t let these anxiety myths stop you from seeking appropriate treatment.