

Anxiety Disorder vs. Overwhelmed, Extreme Stress

Anxiety Disorder (DSM-5 Criteria)

1. The presence of excessive anxiety and worry about a variety of topics, events, or activities. Worry occurs more often than not for at least six months and is clearly excessive.
2. The worry is experienced as very challenging to control. The worry in both adults and children may easily shift from one topic to another.
3. The anxiety and worry are accompanied by at least three of the following physical or cognitive symptoms (In children, only one of these symptoms is necessary for a diagnosis of GAD):
 - Edginess or restlessness
 - Tiring easily; more fatigued than usual
 - Impaired concentration or feeling as though the mind goes blank
 - Irritability (which may or may not be observable to others)
 - Increased muscle aches or soreness
 - Difficulty sleeping (due to trouble falling asleep or staying asleep, restlessness at night, or unsatisfying sleep)

Do I have anxiety or Am I stressed?

- People under stress experience mental and physical symptoms, such as irritability, anger, fatigue, muscle pain, digestive troubles, and difficulty sleeping. Anxiety, on the other hand, is defined by persistent, excessive worries that don't go away even in the absence of a stressor
- Anxiety, which makes us nervous or fearful, may not always be enjoyable, but it is a normal and potentially helpful emotion. Mild anxiety can make you more alert and focused on facing challenging or threatening circumstances.