|  |  |
| --- | --- |
| **Anxiety Disorder** | Chronic symptoms include muscle tension, physical weakness, poor memory, fear or confusion, inability to relax, constant worry, heart palpitations, upset stomach, poor concentration, shortness of breath. The symptoms last over long periods of time and interfere with daily living and one’s ability to function. |
| **Bipolar Disorder (Manic Depression)** | Constantly changing moods, alternating highs and lows, experience extreme happiness, hyperactivity, racing thoughts, and extreme sadness, a lack of energy or interest in things, and an inability to enjoy normally pleasurable activities. |
| **Eating Disorder (Anorexia)** | Refusal to maintain a body weight which is consistent with his/her build, age, and height. An intense and overwhelming fear of gaining weight or becoming fat. A belief that his/her body weight, shape, and size is directly related to how good they feel about themselves. These individuals restrict food intake or self-induce vomiting or misuse laxatives. |
| **Obsessive-Compulsive Disorder** | Recurrent and persistent thoughts, impulses, or images are experienced and cause anxiety or distress. Attempts are made to ignore or suppress these thoughts or impulses with some other thought or action. A person feels compelled to repeat certain behaviors or mental acts in order to prevent distress or a dreaded situation; however, these behaviors are not logical or realistically connected to the situation they are trying to prevent and are clearly excessive. |
| **Panic Disorder** | Experience feelings of terror that strike suddenly and repeatedly with no warning. Many individuals develop intense anxiety between episodes. During an episode an individual may experience increased heart rate and feel sweaty, faint, and dizzy. Some people feel chest pains, a sensation of smothering, or fear of loss of control. Episodes can occur day or night. |
| **Post-Traumatic Stress Disorder** | Intrusive memories of a traumatic event; recurrent distressing dreams about a traumatic event; acting or feeling as if the traumatic event is reoccurring; mental or physical discomfort when reminded of the traumatic event. Avoiding thoughts or feelings, people, or situations that are reminders of a traumatic event; not being able to recall an important aspect of a traumatic event; difficulty concentrating, irritability or outbursts of anger, being easily startled, and difficulty falling or staying asleep. |