

7<sup>th</sup> International Congress on Dermatology and Trichology

12<sup>th</sup> World Congress on Women Health, Gynecology and Breast Cancer Research

8<sup>th</sup> International Conference on Psychiatry and Psychological Disorders

February 24, 2022 | Webinar

## **Anxiety disorder and its various types!**

**Anuradha Seth**

Good Mental Health, India

Anxiety is a very common disorder that many people experience. Many times, anxiety happens out of the blue, also sometimes there isn't any specific reason but a person starts to feel uneasy also restless or feels hyper-alert from their surroundings. The individual who experiences anxiety, their mind and body react to either a very unfamiliar situation, stressful or dangerous circumstances.

Anxiety is of many types of which many people aren't aware. Helping the people share different types can be beneficial to many people to have an understanding of how each type of anxiety is different from one another. When people are educated about a specific disorder there is a better chance for them to recognize the disorder also when they learn about its types it can save them and their loved ones. Having the right kind of knowledge and information can help save many individuals to identify their issue at the first level, also to start with the right kind of intervention when it is needed.

Anxiety disorder can hamper the individual's quality of life and work.

### **Speaker Biography**

Anuradha is a licensed rehabilitation psychologist. She also works as a professional adoption counselor and an international radio show host. She is the founder of "Good Mental Health", an online platform to assist individuals with mental health conditions to cope with their situation to lead as normal a life as possible. Her vision is to eradicate the stigma about mental health from society and create an emotionally sound and stable ambiance for living a happy life. Her mission is to make people understand, realize, accept, execute and prioritize their own mental and emotional wellbeing in life and be wholeheartedly open to talking about the same, and seek professional aid whenever it is required. Both of her vision and mission are being embarked on and executed with her platform "Good Mental Health".

**[info@goodmentalhealth.in](mailto:info@goodmentalhealth.in)**

**Received:** January 07, 2022, **Accepted:** January 11, 2022, **Published:** February 28, 2022