

Is it a panic attack or generalized anxiety? ^[1]

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We have all experienced anxiety. In some instances, anxiety is temporary and is manifested due to a specific event. However, if anxiety affects your daily activities and you feel that you can't control it, it could be more than a simple preoccupation. Generalized anxiety is characterized by exaggerated worrying and can have symptoms such as tremors, inability to relax, difficulty to concentrate, excessive sweating, fatigue, difficulty to sleep, amongst others.

For the full article, please refer to the Spanish version of this site.

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