

anxiety disorder and valium

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Both of these types of anxiety disorders can be successfully treated with exposure therapy. Meditation could be a valuable skill for these people to learn. Even thinking about these triggers can fill these people with a sense of incapacitating fear and loathing, and they might down tons of Valium pills to keep the sensations from overwhelming them. Here, the person is slowly reintroduced to the trigger and then given a series of steps that can be used to control the emotions that trigger brings about. When they begin to notice physical manifestations of anxiety, such as rapid breathing or sweaty palms, they can focus on a safe image or a soothing word while controlling their breathing and closing their eyes. For example, some people might develop phobias regarding: The sedating quality of the drug seems to have the unique ability to put the mind at ease, allowing feelings of nervousness and stress to abate or disappear altogether. While exposure therapy can be helpful for some types of anxiety disorders, some people need to learn how to use the power of the mind to bring about a sense of relief and release. In a study of the effectiveness of meditation in people with anxiety disorders, published in The American Journal of Psychiatry , researchers found that a course in meditation could result in significant reductions in feelings of anxiety, as well as feelings of depression. In a study of the effectiveness of this kind of therapy in people who had PTSD, published in the Journal of Consulting and Clinical Psychology , researchers found that nine sessions were capable of delivering relief that lasted for 12 months or longer. With effort, the feeling of nervousness can fade and relaxation can take hold. Facing the Fear Some anxiety disorders develop in response to a specific trigger. However, Valium can also cause a boost in the production or uptake in chemicals associated with pleasure, and that can lead to addiction. Reading about these other forms of anxiety therapy can be uplifting, especially for people who have been trapped by an addiction to Valium for months or even years. Just becoming reacquainted with the trigger in a controlled situation could be intensely helpful. Thankfully, those people who have diazepam addictions can lean on other types of therapy in order to gain control of their anxiety disorders. These people might have post-traumatic stress disorder PTSD , and they may lean on Valium in order to make their lives less difficult. For example, some people might develop phobias regarding:. Some anxiety disorders develop in response to a specific trigger. Similarly, some people are incapacitated by their memories of traumatic events."I have bipolar 2, generalized anxiety disorder and suffer panic attacks. I am given Valium 5mg to take 'when needed'. While I feel it works well on generalized (mild to moderate) anxiety, it's not the most effective medication to take to during acute episodes like in a panic attack. I feel the 5mg isn't enough. Also if you take it. Jan 31, - 22 Answers (question resolved) - Posted in: valium, xanax, anxiety, panic disorder - Answer: Xanax has a very short half life and valium has the Which is better for anxiety: diazepam or lorazepam? Those people who suffer from social anxiety usually take Xanax or Klonopin. However, Valium/Diazepam is an alternative to it as well. Valium Valium is used for social anxiety and as it is very effective for it. The reasons due to its efficacy are the fact that the effect of sedation is far less. There are lesser. Dec 17, - If you have panic disorder, medication can be a useful part of your recovery plan. Valium (diazepam) is one type of anti-anxiety medication that's used to treat panic disorder and other conditions. Understanding Valium. Valium is the trademark name for the anti-anxiety drug diazepam, a type of. May 25, - Valium is a benzodiazepine used in the treatment of anxiety disorders and the short-term relief of anxiety symptoms. Jul 8, - Valium is a drug used for managing anxiety disorders and short-term treatment of anxiety symptoms. The drug, which is also sold under the generic name diazepam, works by actually slowing down activity in your brain. In bipolar disorder, Valium and other anti-anxiety medications in the same family can. Apr 28, - I am new here and I desperately need some positive reviews on taking valium, I had it prescribed to me 6 months ago, but am so scared of having a bad reaction to it. 25 years ago when I first started having panic attacks and anxiety a Dr prescribed me frisium, I had a terrible adverse reaction to it, I am. Jan 12, - GAD and Diazepam General Anxiety / Generalised anxiety disorder (GAD). In my opinion Diazepam isn't all that effective for social anxiety disorder. Its too sedating and really clouds my thinking. I think that Diazepam is more effective as a muscle relaxant than an anti-anxiety agent but that is just my opinion. Alprazolam is great for those who

suffer panic attacks and is pretty Clonazepam Or Diazepam for Generalized Anxiety And. Nov 17, - I experienced many embarrassing situations due to this disorder, and I decided to change the drug because it's obviously not working. I decided to try valium. Any comments No wonder that valium is one of the most prescribed drugs for anxiety and panic attacks. It is primarily used for short-term relief of.