



Anti-Anxiety Medications



Overview

These medications help you manage your anxiety. They help reduce things like sweating, shaking and rapid heartbeat - you know - the physical reactions of feeling anxious.

How They Work

We don't fully understand how anti-anxiety medications work. We do know they affect neurotransmitters in your brain. These natural chemicals help signals pass between nerve cells. Anti-anxiety medications may calm these signals. That tends to reduce the symptoms of anxiety.

Types of Medications

There are a few types of anti-anxiety medications. Some are designed for short-term use. They help you deal with stressful situations, such as public speaking or flying. You take these medications only when you need to. Other anti-anxiety medications are designed for long-term use. They help chronic anxiety. Not all anti-anxiety medications are effective for all people. Your doctor may have you try different medications before finding the one that's right for you.

Conclusion

If you're taking an anti-anxiety medication, follow all of your doctor's instructions and advice. Take it only as directed. Don't change your dose. And don't stop taking it without talking to your doctor. That can be really dangerous. Talk to your doctor for more information about the safe use and possible side effects of anti-anxiety medications.

Actor portrayals in photos

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