**Anxiety:**

Is an uncomfortable feeling that occur in response to the fear of being hurt or losing something valued Peplan (1963) described ( 4 )levels of Anxiety ;

1.**Mild Anxiety** : is associated with tension experienced in response to event of day to day living it increase motivation for productivity

**2. Moderate Anxiety** :As the level of anxiety increase the extent of the perceptual field diminishes the ability to concentrate is decre ased increase muscular tension and restless are evident Assistant with problem solving may be required

**3.Sever Anxiety**: Attention span is extremely limited much difficulty comp letting even the simplest tasks ,headache , palpitation and insomnia mg be evident.

**4. Panic Anxiety:** Is the most intense state of anxiety inability to focus and lose of contact with reality may occur (hallucination and delusions may be experienced .

= **fear:** Is a feeling that arises from concrete real danger

=**Anxiety**: Is a feeling that arises from on ambiguous ,unspecific cause that disproportionate to the damage.

=**Stressors**: Is an external pressure that is brought to bear on individual

=**Anxiety:**

Is the subjective emotional response to those stressores

(stress-🡪 Anxiety and grief ).

**Generalized anxiety disorder -**Is a chronic disorder characterize by persistent un realistic and excessive anxiety , the symptoms has existed for six months or longer and are not attributed to hyper thy rodism or other organic factor.

**Symptoms**:

1.Restless

2.being easily fatigue

3.difficulty concentrating

4.irritability

5.muscle tension

6. sleep disturbance.

**Panic Disorder :**

Is the highest level of anxiety cc. by disorganized thinking feeling of terror helplessness and non purposeful behavior people that will die loss of control or go crazy .

Extended period of panic level may lead to Schizoaffective disorder or delusional disorder .

**Symptoms of panic attack :**

at least **4** of :

\*palpitation , sweating , shortness of breath feeling of chocking ,chest pain or discomfort , nausea, abdominal dis tress, feeling dizzy fear of losing control or going grazy , fear of dying .

**Nursing intervention** :

1.Stay with client and offer assurance of safety and security

2. Maintain a calm non threaten

3.keep surrounding low in stimuli

4. Teach client ways of interrupt anxiety relaxation Technique, exercise.