

anxiety disorders valium

It's probably one of the most effective medications prescribed for anxiety. Lorazepam Ativan is probably one of the most effective benzodiazepines for social anxiety. With effort, the feeling of nervousness can fade and relaxation can take hold. I find that it causes the least memory problems - but keep in mind that all benzos are amnesic to an extent. I had some major panic attacks and even 2 or 3mg Lorazepam didn't touch me or phase me one bit. For example, some people might develop phobias regarding: Last edited by chaosgardens; at The only people who find the most relief from benzos are anxiety sufferers I'm hoping Clonazepam is a lot better benzo, because I have never really done many benzo's except for the fact being prescribed Lorazepam which didn't help my panic attacks one bit. My social anxiety has actually gotten better with time. 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. How good is valium for social anxiety? With time, the side effects of Valium will decrease. Both of these types of anxiety disorders can be successfully treated with exposure therapy. Clonazepam and Lorazepam are both effective for counter-attacking anxiety for at least 8 hours. No one says you're going to be a social butterfly with any of these drugs, but they do suppress the anxious feelings. It gives you a great opportunity to do cognitive behavioral therapy and exposure therapy, which are very effective in fighting anxiety disorders. Valium, known as diazepam in its generic form, is a benzodiazepine primarily used for short-term relief from symptoms of anxiety disorders in children older than six months, adolescents, and adults. It may help relieve excessive worry, shortness of breath or heavy perspiration, feelings of edginess, and difficulty sleeping due. 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? "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. Jul 25, - Many of us feel symptoms of anxiety from time to time. For some people, though, anxiety and all of its uncomfortable symptoms are a daily occurrence. Ongoing anxiety can affect your ability to function at home, school, and work. Treating anxiety often involves talk therapy and antidepressant medications.?How they work ?Interactions ?Warnings. Dec 17, - Valium (diazepam) is an anti-anxiety medication that is often prescribed to help treat panic attacks and other symptoms, as well as other disorders. 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. 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. There's no question that Valium can be helpful for some people who have anxiety disorders. 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. However, Valium can also cause a boost in the production or. 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. Oct 1, - The benzodiazepines are used for short-term treatment, but because of the frequently chronic nature of generalized anxiety disorder, they may need to be Diazepam (Valium). 6 to 40 mg. 2 to 5 mg three times daily. 1 to 2. Lorazepam (Ativan). 1 to 6 mg. to mg three times daily. 13 to