Is Hangxiety Taking Over Your Life

by Louisville Addiction Treatment Center | Dec 13, 2023

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

Hangover anxiety or hangxiety for short, refers to the heightened feelings of anxiety experienced after consuming alcohol. While a hangover refers to the physical aftereffects of drinking, hangxiety is the psychological part.

If you're a frequent drinker, you know that experiencing unease and discomfort is common after going on a bender. However, when feelings of dread, restlessness, racing thoughts, trouble sleeping and difficulty concentrating on things persist long after the alcohol has left your system, you may have a bigger problem on your hands.

Persistent feelings of anxiety after drinking may be a red flag for an unhealthy relationship with alcohol and may be indicative of an alcohol use disorder (AUD). But how do you know when hangxiety is taking over your life?

Signs that indicate it's time to seek help include:

- **Interference with your responsibilities** – If hangxiety interferes with your ability to effectively carry out your responsibilities at home, work or school, it may be time to seek professional help.
- **Alcohol dependency** – If you find yourself reaching for more alcohol to cope with the symptoms of hangxiety, it may indicate an unhealthy reliance on alcohol. This is especially true if the behavior becomes entrenched over time.
- **Physical health deterioration** – If you notice a decline in your physical health, such as changes in appetite, weight loss, or increased susceptibility to illnesses, and you suspect it's linked to hangxiety, seeking help is crucial.
- **Escalating frequency** – Experiencing hangxiety once in a while can be brushed off. However, if the episodes are becoming more frequent and intense, it could be an indication that your relationship with alcohol is affecting your mental health.
- **Consistent disruption** – If hangxiety consistently disrupts your ability to function in daily life and your work, relationships or health are suffering, professional help may be necessary.
- **Social withdrawal** – You should consider seeking help if you find yourself avoiding social activities or situations due to hangxiety. This could be a sign that it's taking a toll on your social life and mental health.
- **Negative impact on your sleep pattern** – If hangxiety consistently disrupts your sleep, leading to insomnia, nightmares, or overall poor sleep quality, it may indicate a need for professional intervention.

Take the First Step Toward Recovery

If you frequently experience hangxiety or are having trouble regulating the amount of alcohol you drink, perhaps it's time to seek professional help. We at Impact Outpatient Program have years of experience helping different clients overcome addiction. We ensure that all patients enrolled in our addiction treatment programs receive personalized care, including telemedicine sessions when necessary, to help them turn their lives around. We have also simplified our admissions process to ensure all those who need help get it.

Don't wait for addiction to ruin your life. Reach out to us today to get started on your recovery.

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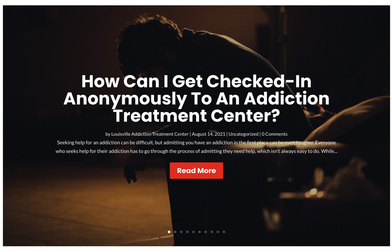

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