

Hypervigilance

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Hypervigilance is a state of excessive and heightened arousal, and sensitivity to sensory stimuli. It is characterized by increased anxiety and a heightened sense of threat detection.

Hyper means 'too much' or 'excessive' while vigilance is sustained concentration and being alert for possible danger or threat. Hypervigilance is a symptom of some anxiety disorders such as post-traumatic stress disorder (PTSD) and the manic phases of bipolar disorder. This state of heightened anxiety can be mentally and physically exhausting- being constantly on alert and scanning for possible threats is not a normal condition and can lead to possible health problems if it is a constant state. Hypervigilance is also seen in abused children and adults

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