

# ANXIETY:

PEACE IS POSSIBLE

## WHAT IS ANXIETY?

Occasional anxiety is normal, but people with anxiety disorders frequently have intense, excessive, and persistent worry and fear about everyday situations.

### COMMON ANXIETY DISORDERS:

- Generalized anxiety disorder
- Panic disorder
- Social anxiety disorder
- Specific phobias

HAVING SUICIDAL THOUGHTS?

CALL 9-8-8

### WHEN DOES ANXIETY BECOME A DISORDER?

- Anxiety interferes with your ability to function.
- Your reactions are out of proportion to situations (overreactions).
- You can't control your responses to situations.

### WHAT ARE THE SYMPTOMS?

- Feeling nervous, restless, or tense
- Feeling a sense of impending danger, panic, or doom
- Increased heart rate
- Breathing rapidly (hyperventilation)



### WHEN SHOULD YOU SEE A DOCTOR?

- Your worrying interferes with your work, relationships, or other parts of your life.
- Your fear, worry, or anxiety is difficult to control.
- You are depressed, have trouble with alcohol or drug use, or have other mental health concerns along with anxiety.
- Your anxiety could be linked to a physical health problem.

ANXIETY DISORDERS ARE THE MOST COMMON MENTAL ILLNESS IN THE U.S.

### TREATMENT

- Talk therapy, cognitive behavioral therapy, and exposure therapy can reduce anxiety.
- Several types of medications, such as antidepressants, anti-anxiety medications, and occasionally sedatives, are used to help relieve symptoms.
- Lifestyle changes can also make a difference.



### HOW TO COPE

- Learn about your disorder.
- Stick to your treatment plan.
- Learn what triggers your anxiety.
- Practice strategies to deal with anxious feelings.
- Keep a journal of what's causing anxiety and what seems to help.
- Join a support group.
- Socialize.

CALM EXISTS WITHIN YOU