

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.

**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.

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.

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



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