



ANXIETY

CALMING THE STORM

ANXIETY IS EASIER TO TREAT IF YOU GET HELP EARLY.

Anxiety is a normal part of life. It is our body's natural reaction to a threat. Without it we would not react when we are in danger. However, our minds can assume that more things are threats to us than they are — which can lead us to be more anxious than needed. Anxiety disorders involve having frequent, intense, excessive and persistent worry and fear about everyday situations.

WHAT'S AT STAKE?

Mental: excessive worry about various events or activities, sense of impending danger, panic, or doom

Cognitive: difficulty concentrating or remembering things, mind going blank

Physical: Accelerated heart rate, shortness of breath, dizziness, stomach issues

Sleep: Difficulty falling or staying asleep or not feeling well-rested

WHO'S AT RISK?

The causes of anxiety disorders are not fully understood. For some, anxiety may be linked to an underlying health issue. Factors that can put someone at an increased risk include: trauma, stress due to an illness, financial issues, mental health disorders, family history, and drugs or alcohol. Understanding the contributing factors can be an important part of getting the right treatment for anxiety.





**19% OF
ADULTS
STRUGGLE
WITH
ANXIETY**

HOW TO HELP OTHERS

- Know the signs of anxiety
- Avoid belittling the experience of those with anxiety
- Ask how you can offer support
- Don't wait until someone has a panic attack to offer support
- Express concern in a warm and positive way
- Encourage a loved one to seek professional help

HOW TO HELP YOURSELF

There's no way to predict for certain what will cause someone to develop an anxiety disorder, but you can take steps to reduce the impact of symptoms if you're anxious. Participating in activities that you enjoy along with social interaction and caring relationships can lessen your worries. Avoiding alcohol or drug use is also helpful in reducing anxiety. Finally, if you are starting to feel anxious, get help early.

**ANXIETY CAN BE OVERCOME.
TREATMENT CAN HELP.**