



WHAT YOU SHOULD KNOW ABOUT ANXIETY

ANXIETY It's normal to feel anxious from time to time, especially if your life is stressful. However, excessive, ongoing anxiety and worry that are difficult to control and interfere with day-to-day activities may be a sign that you might be experiencing Anxiety.

Living an anxiety disorder can be a long-term challenge. In many cases, it occurs along with other anxiety or mood disorders. In most cases, anxiety disorder improves with psychotherapy and or medications. Making lifestyle changes, learning coping skills and using relaxation techniques also can help.

SYMPTOMS

- Persistent worrying
- Overthinking plans and solutions to all possible worst-case outcomes
- Difficulty handling uncertainty
- Inability to set aside or let go of a worry
- Fatigue
- Trouble sleeping
- Muscle tension or muscle aches

CAUSES

- Differences in brain chemistry and function
- Differences in the way threats are perceived
- Development and personality
- Genetics

TYPES

- Social Anxiety, Generalized Anxiety, Panic Disorder, Separation Anxiety, Substance/ Medication Induced Anxiety

WHEN TO SEEK HELP The physical symptoms of an anxiety disorder can be easily confused with other medical conditions like heart disease or hyperthyroidism. Therefore, a doctor will likely evaluate your symptoms involving a physical examination, an interview and ordering lab tests. After ruling out a medical illness, the doctor may recommend a person see a mental health professional to make a diagnosis.

WHAT YOU CAN DO As each anxiety disorder has a different set of symptoms, the types of treatment that a mental health professional may suggest also can vary. But there are common types of treatment that are used: Psychotherapy, including cognitive behavioral therapy, Medications, including anti-anxiety medications and antidepressants, Complementary health approaches, including stress and relaxation techniques.