

Anxiety

What is it?

Anxiety is having excessive worry about an event or activity. It becomes difficult to control the worry and it can interfere with daily life and responsibilities. When feelings of intense fear and distress are overwhelming, they can prevent us from doing everyday things. However, it is a normal part of life to experience occasional anxiety. Anxiety can cause you to avoid social situations or other situations out of fear of being judged or embarrassed.

Anxiety disorders are the most common health concern in the United States. An estimated 40 million adults or 18% of adults in the United States have an anxiety disorder. One in six teens experiences the negative impact of an anxiety disorder at school and at home. Most people develop symptoms of anxiety disorders before age 21 and women are 60% more likely to be diagnosed with an anxiety disorder than men.

Symptoms

Anxiety disorders are a group of related conditions, and each with unique symptoms. However, all anxiety disorders have one thing in common: persistent, excessive fear or worry in situations that are not threatening. People can experience one or more of the following symptoms:

Emotional symptoms:

- Feelings of Apprehension or Dread
- Feeling Tense and Jumpy
- Restlessness or Irritability
- Anticipating the Worst
- Being Watchful for Signs of Danger

Physical symptoms:

- Pounding or Racing Heart
- Shortness of Breath
- Upset Stomach
- Sweating

- Tremors and Twitches
- Butterflies in Stomach
- Panic Attack
- Headaches, Fatigue and Insomnia
- Shaky Hands
- Frequent Urination

Strategies

Practicing self-management strategies can help to control the symptoms one is experiencing. Examples of strategies to utilize are as follows:

- Allow Time for Worrying
- Learn and Understand your stressors
- Relaxation Techniques (Counting to 10)
- Breathing Exercises (Deep Breaths)
- Yoga
- Exercise
- Listen to Music
- Alone Time
- Draw or Color
- Talk to a Trusted Individual