

Anxiety

What is it?

- Anxiety is a normal reaction to stress; however, individuals with an anxiety disorder have “intense, excessive, and persistent worry and fear about everyday situations,” according to Mayo Clinic.
- Individuals with anxiety disorders feel apprehensive and may have frequent and uneasy thoughts or concerns.
- Symptoms of an anxiety disorder interfere with everyday life.

Types of Anxiety Disorders

- Generalized anxiety disorder (GAD)
- Panic disorder
- Specific phobias
- Agoraphobia
- Social anxiety disorder
- Separation anxiety disorder
- Selective mutism
- Substance-induced anxiety disorder
- Other specified or unspecified anxiety disorder

Anxiety is Common

- The American Psychiatric Association states that “anxiety disorders are the most common of mental disorders and affect nearly 30% of adults at some point in their lives.”
- Anxiety disorders affect around 40 million adults in the United States age 18 and up according to the Anxiety and Depression Association of America.

Symptoms

Symptoms vary on the individual and type of anxiety, though some common symptoms include:

- Nervousness, restlessness, or tension
- Increased heart rate and rapid breathing
- Sweating, shaking, or having trouble concentrating
- Easily fatigued and trouble sleeping
- Having a sense of impending danger or doom, initiating panic and fear
- Difficulty controlling feelings of worry
- Having the urge to avoid things that trigger anxiety

Treatment Options for Anxiety

- Psychotherapy
- Medication
- Support Groups
- Stress Management Techniques