

Anxiety vs. fear

Anxiety is worry about a future issue, fear is a reaction to a current event.

18.1% of USA pop. every year are affected. Anxiety disorders are the most common mental illness in USA.*

36.9% percent of people who suffer from anxiety disorders and who actually receive help.*

*ADAA (Anxiety and Depression Association of America)

Types of anxiety disorders

Generalized: excessive and persistent anxiety/worry about events or activities. The worry is difficult to control and affects physical feelings.

Panic: repeated episodes/feelings of intense fear and terror that reach a peak within minutes. May include shortness of breath, chest pains, or fluttering or pounding heart.

Social: high level of anxiety, fear and avoidance of social situations due to embarrassment, concerns about being judged or viewed negatively.

Anxiety vs. stress

Stress is a reaction to events. Anxiety is a reaction to stress.

Physical symptoms

- Increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating/trembling
- Feeling nervous, restless or tense
- Feeling weak or tired
- Trouble sleeping
- Having a sense of panic, danger, or doom.
- Gastrointestinal (GI) problems
- Difficulty controlling worry
- Urges to avoid things that trigger anxiety

Ways to cope

Deep breathing: through your nose, deep and hold the air in your lungs, then exhale slowly through your mouth, with your lips puckered as if blowing through a straw. Go slow: a minimum of 3 to 5 times.

Stay active: participate in activities you enjoy and that make you feel good about yourself. Music, yoga, reading and walking also help.

Medication: if severe then medications are an option.

Grounding: identify objects around you to help your brain recognize where you are if feeling panic.

Enjoy social interaction/caring relationships

Limit alcohol and caffeine

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical/mental health condition.