

# Anxiety Quick Facts & Management

**Anxiety** is the body's response to situations perceived as threatening. In small doses, anxiety is helpful in that it alerts us to dangers, helps us to prepare, and prompts us to pay attention. But when anxiety is too severe, or occurs too frequently, it can become debilitating.

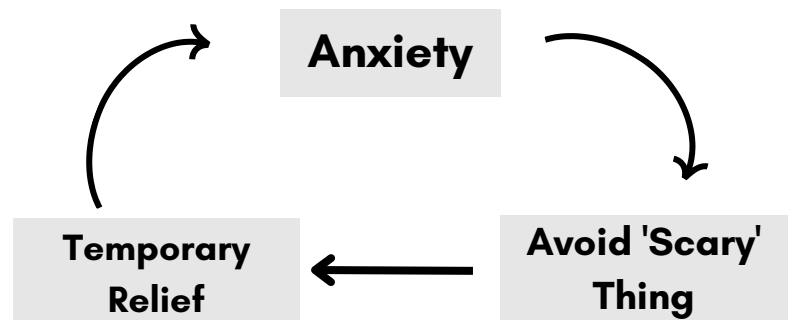
Everyone experiences anxiety from time to time; however, not all experiences of anxiety indicate an anxiety disorder. Anxiety Disorders are defined by persistent/recurring experiences of anxiety that prevents a person from fully participating in their life. Anxiety can range from mild (butterflies, jitteriness) to severe (frequent, disabling panic attacks). Severe anxiety can cause a person to alter their lifestyle to avoid perceived threats; this could lead to negative impacts on job performance, school work, personal relationships, and quality of life.

## SYMPTOMS OF ANXIETY

- Excessive nervousness
- Upset Stomach
- Muscle tension
- Excessive/Uncontrollable Worry
- Avoidant behaviors
- Restlessness
- Feeling on edge
- Fatigue
- Poor concentration
- Increased heart rate
- Irritability
- Sleep Disturbances

*\*Symptoms create significant distress in other life domains\**

**Anxiety drives people to avoid the things that scare them. When a "scary" thing is avoided, there is an immediate but temporary sense of relief. However, the next time a similar threat arises, it feels even scarier. This creates a harmful cycle of avoidance, and worsening anxiety.**



Anxiety is manageable and treatable. Treatment helps most people lead normal productive lives. Learning coping skills, attending therapy, and/or taking medication are the most effective approaches for anxiety treatment. These methods are most effective when used together, however they can also be effective when used independently. Here are some practical & natural ways to help yourself when experiencing symptoms of anxiety.

## TIPS FOR MANAGING ANXIETY

- **Deep breathing**
- **Get outdoors**
- **Exercise/Move your body**
- **Meditation**
- **Muscle Relaxation**
- **Relaxation Exercises**
- **Challenge or Reframe irrational or anxious thoughts**
- **Get curious about and explore the roots of the anxiety**
- **Journal anxious thoughts and feelings**
- **Grounding Exercises (tap into your 5 senses)**