Pamphlet for identifying anxiety and initial coping strategies

What is Anxiety?

Anxiety is emotion characterized by feelings of **tension and worried thoughts**. It can have **physical symptoms** such as **sweating, restlessness, fast heartbeat, increased blood pressure, or tension**. It may feel like you are constantly in fear, constantly worrying, or constantly feeling overwhelmed. Anxiety can seriously impact your quality of life and cause or worsen other disorders such as depression.

Anxiety is a **common** disorder – up to a third of people may experience anxiety in their lifetimes. There is no exact cause for anxiety that can be identified. Anybody can experience anxiety and it can be about many different things such as anxiety about finance, family, health, or the future.

Recognizing anxiety

Anxiety many times has to do with **future concerns** and can cause you to **avoid** situations to prevent symptoms from occurring. This can lead to difficulties with jobs, personal relationships, or daily life. Many times, anxiety can present as more physical symptoms than psychological symptoms.

Here are some common symptoms of anxiety.

- Restlessness, feeling on edge or keyed up
- Becoming easily fatigued
- Difficulties with concentration
- Irritability
- Muscle aches or tensions
- Sleep disturbances
- Headaches

What can you do?

Anxiety is treatable condition! There are things you can do at home to help manage your anxiety as well. Here are some ways you can try to lower your anxiety at home.

- Support Groups: Local resources and communities such as senior centers, cultural centers, or churches can help with feeling connected.
- Exercise: Get adequate exercise such as going on walks or doing yoga.
- Reducing physical tension: Have regular leisure time and a hobby that makes you feel relaxed. Spend time outdoors and spend time in nature.
- Develop healthy habits: Make sure you are eating well balanced, regular meals. Make sure you are getting enough sleep and have a regular sleeping pattern.
- Analyze anxiety: Try to identify specific situations are events that are making anxious or stressed. Try and understand your response to anxiety and stress.
- Have a list of things you can do to help you feel less anxious on you to use when you need to.
- Breathing exercises: Pay attention to your breathing. Make sure you are not breathing too fast or too slow.

If anxiety is something that you are having significant struggles with, please reach out to a licensed mental health professional to speak further about your anxiety. They will be able to evaluate and manage what you are experiencing. The two primary ways to treat anxiety are psychotherapy and medications.