

ANXIETY

MANY PEOPLE FEEL NERVOUS OR ANXIOUS BEFORE AN IMPORTANT OR PUBLIC EVENT, SUCH AS GIVING A SPEECH OR GOING ON A FIRST DATE. HOWEVER, IF YOU ARE EXPERIENCING ANXIETY WITHOUT A CLEAR STRESSOR, FOR PROLONGED PERIODS, OR AT A HEIGHTENED INTENSITY, YOU MAY BE FACING AN ANXIETY DISORDER. THERE ARE MANY DIFFERENT TYPES OF ANXIETY DISORDERS INCLUDING:

- GENERALIZED ANXIETY DISORDER (GAD)
- SOCIAL ANXIETY
- PERFORMANCE ANXIETY
- PANIC DISORDERS

SOME SYMPTOMS OF POTENTIAL ANXIETY DISORDERS CAN BE:

- IRRITABILITY
- NERVOUSNESS AND STARTLING EASILY
- OVERWHELMING WORRY OR FEAR
- DIFFICULTY CONCENTRATING
- RESTLESSNESS
- INSOMNIA
- HEADACHES
- FATIGUE, WEAKNESS, OR MUSCLE ACHES



SOME TREATMENT PLAN OPTIONS MAY INCLUDE:

- MEDICATION MANAGEMENT
- THERAPY
- EXERCISE PLAN
- LIMITING ALCOHOL CONSUMPTION OR OTHER SUBSTANCE USE
- BREATHING EXERCISES
- IDENTIFYING TRIGGERS
- RELAXATION TECHNIQUES
- MINDFULNESS TECHNIQUES
- SUPPORT GROUPS
- AND MANY OTHER COPING SKILLS