What is Anxiety?

Anxiety is your body's reaction to anything you find scary or threatening. Occasional anxiety is normal, but if it's too frequent or severe, anxiety can interfere with your goals and quality of life.

Symptoms

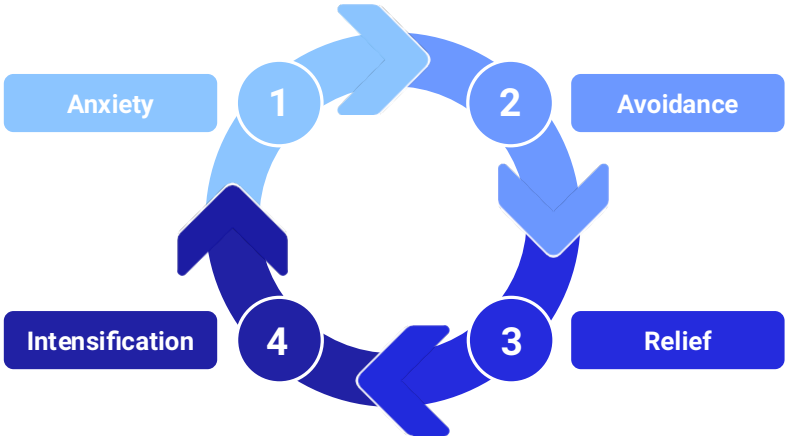
- uncontrollable worry
- excessive nervousness
- sleep problems
- muscle tension
- poor concentration
- increased heart rate
- decreased enjoyment
- upset stomach

Common Types

Generalized Anxiety	Phobias	Panic
An excessive amount of anxiety or worry in several areas, such as work, health, relationships, or finances.	An intense fear that a person goes out of their way to avoid, e.g., spiders or flying.	An extreme anxiety response accompanied by numerous physical symptoms and an overwhelming feeling of dread.

Cycle of Avoidance

We often avoid the things that scare us. This can offer short-term relief, but it comes with a cost: The next time a similar threat arises, it feels even scarier, creating a vicious cycle of avoidance, which ultimately worsens anxiety.



Ways to Manage

Therapy	Relaxation Skills
Therapy helps you identify and change the thinking patterns that create anxiety. It can also support you in confronting your fears rather than avoiding them, giving you more confidence and control.	Techniques such as deep breathing, progressive muscle relaxation, and mindfulness can lessen the symptoms of anxiety. Relaxation skills offer the most benefit when practiced regularly
Lifestyle Changes	**Medication**
Healthy habits can help with anxiety. Common areas of focus are sleep, substance use, exercise, and work-life balance.	Medication can help control the symptoms of anxiety. It usually works best when combined with therapy.

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