

## Fast Facts

### Anxiety Disorders

- Frequent, intense, excessive and persistent worry or fear about everyday situations to the point that they are out of proportion to the actual “threat.”
- Impact person’s ability to function on a daily basis, difficult to control, can last for long periods time, can cause physical response
- Feelings can come on suddenly with a very intense physical response lasting for a few moments (panic attacks)
  - Person will try to avoid things that trigger anxiety
- Not much is known as to what causes them, but possibly traumatic events or underlying medical condition
  - Often accompanied by depression and other mental health disorders

*Several types:*

Generalized anxiety disorder, panic disorder, agoraphobia, selective mutism, separation anxiety disorder, social anxiety disorder and specific phobias

*You can have more than one type of anxiety disorder at a time*

<b>Symptoms</b>	<b>Treatment</b>	<b>Prevention</b>
<p><i>Panic attack:</i></p> <ul style="list-style-type: none"> <li>-Shortness of breath</li> <li>-Hyperventilation</li> <li>-Chest pain</li> <li>-Palpitations</li> <li>-Feelings of impending doom</li> </ul> <p><i>Non-panic attack:</i></p> <ul style="list-style-type: none"> <li>-Feeling nervous/restless/tense</li> <li>-Sweating</li> <li>-Trembling</li> <li>-Feeling weak/tired</li> <li>-Inability to concentrate</li> <li>-Focus on the current worry</li> <li>-Insomnia</li> <li>-Gastrointestinal issues (upset stomach, diarrhea)</li> </ul>	<p><i>Seek treatment if anxiety:</i></p> <ul style="list-style-type: none"> <li>-Interferes with your ability to do daily activities (work, participate in social activities or spending time with family and friends)</li> <li>-If you feel that you worry too much, your worrying upsets you or it is difficult to control</li> <li>-If you are concerned that you are depressed, have other mental health concerns or that your anxiety is caused by a physical problem</li> </ul> <p><i>Diagnosis:</i></p> <ul style="list-style-type: none"> <li>-Check for any underlying physical health issues</li> <li>-Psychological evaluation</li> </ul> <p><i>Treatment:</i></p> <ul style="list-style-type: none"> <li>-Spend time with a therapist to recognize your triggers and develop strategies to deal with them</li> <li>-Medications</li> <li>-Lifestyle changes (keeping physically active, decreasing the amount of caffeine in your diet, learning stress management/relaxation techniques and making sleep a priority)</li> </ul>	<p><i>Decrease the impact anxiety has in your life:</i></p> <ul style="list-style-type: none"> <li>-Stay active</li> <li>-Participate in things that you enjoy doing</li> <li>-Spend time with people that keep you calm and not stressed</li> <li>-Learn time management techniques</li> <li>-Avoid alcohol and drug</li> </ul>

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