

WHAT IS ANXIETY?

UNDERSTANDING ANXIETY CAN HELP YOU **MANAGE YOUR STRESS** AND **FIND THE SUPPORT** YOU NEED

THE BASICS

- Stress is a **normal** part of life
- However, if you feel **intense worry** that...
 - is difficult to control
 - interferes with your daily activities
 - doesn't go awayyou may be experiencing an **anxiety disorder**

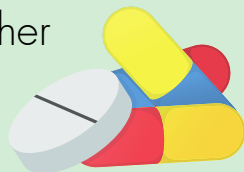
ANXIETY SYMPTOMS

- Feeling consistently nervous or restless
- Trouble concentrating and sleeping
- Rapid breathing and increased heart rate
- Panic attacks



RISK FACTORS

- A family history of anxiety
- Exposure to stressful life or environmental events
- Some physical conditions like thyroid problems
- Caffeine and other substances or medications



WHAT CAN YOU DO?

- You are not alone
- If you are concerned about your mental health, **talk to your doctor**, they may prescribe you **medication**, **psychotherapy** or both

