



Feeling

ANXIOUS?

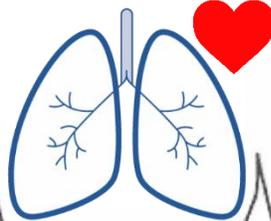
Common symptoms include:

Headaches/ Neck and shoulder pain



Racing, obsessive, and/ or unwanted thoughts

Breathlessness, heavy breathing, and/ or shallow breathing



Pounding or racing heart/ Chest pain

General sweatiness including sweaty palms



Upset stomach, nausea, vomiting, constipation, diarrhea



Shaking or Trembling/ Muscle Spasms & Tensions



Numbness and/ or weakness



Additional symptoms may include:

- Sense of being overwhelmed, dread, worry, and/or panic
- Fatigue
- Trouble falling asleep and staying asleep
- Trouble focusing
- Dry mouth
- Mood swings
- Dizziness
- Cold/ Hot flashes
- Loss of sex drive
- Irregular periods
- Drinking, using drugs, or over eating to ease symptoms
- And many more

Facts

Anxiety disorders affect 40 million American adults (age 18 and older) - making it the most common mental illness in America.

People with an anxiety disorder are 3 to 5 times more likely to go to the doctor and 6 times more likely to be hospitalized for psychiatric disorders?

Anxiety disorders are highly treatable. However, only 1 in 3 adults dealing with anxiety receive treatment and only 1 in 5 teenagers with anxiety receive treatment.



Healthful Hints

- ✓ **Identify your triggers:** Knowing what makes you anxious allows you to start understanding and addressing your anxiety. Ask yourself what situations and places do you feel most anxious?
- ✓ **Identify helpful coping habits:** What works for others may not work for you; however, by exploring and practicing healthy coping skills you can find ways to better manage your anxiety. Being open to trying new healthy coping skills can help you identify new ways to fight anxiety.
- ✓ **Find a support group:** Talking with people who also struggle with anxiety and/or mental health issues allows you to find support in an understanding community. While some family members or friends can be supportive, they might not always understand the effects of anxiety.
- ✓ **Attend counseling:** If you are struggling to manage your anxiety, a professional counselor may be able to help.

Remember: It takes time and consistent practice for new habits to be effective.

Resources

<http://www.nami.org/>: search for support groups in your area

<http://www.copingcatparents.com/>: a resource for parents with anxious children

<http://www.theanxietycoachespodcast.com/>: a podcast which focuses on living and managing anxiety

<https://themighty.com/all/>: an opinion blog dedicated to addressing mental health

<http://mrsmindfulness.com/9-mindfulness-videos/>: a selection of mindfulness/ relaxation exercises for beginners

Genesis Therapy Center encourages you to use and share this resource with all that might benefit from its content.