

Anxiety

Anxiety is a disorder in which a person experiences extreme worry and tension that they find uncontrollable. Those with anxiety often worry about things that do not require worry, and will often think about the worst case scenario even when it is unlikely.

Those with anxiety often experience:

- Difficulty Relaxing
- Trouble Sleeping
- Exhaustion
- Headaches
- Panic Attacks
- Trouble Swallowing
- Nausea
- Shaking
- Feeling Lightheaded
- Trouble Breathing
- Short Temper
- Frequent Trips to Bathroom
- Excessive Sweating

Here are some suggestions for coping with anxiety:

- Speak to your counselor or doctor about treatment options, and deciding if medication may be a good option for you.
- Educate yourself about anxiety and treatment options for anxiety.
- Learn about different relaxation techniques that involve breathing.
- Try to challenge your negative thoughts by asking yourself if they are productive or not.
- Drink plenty of water, and limit or avoid alcohol and caffeine.
- Try to exercise more, as this will take your mind off negative thoughts and improve your mood as well.
- Educate yourself about what causes anxiety so you can prepare yourself for situations that may trigger discomfort for you.
- Speak to doctor or counselor about Cognitive Behavioral Therapy.

ANXIETY IS VERY TREATABLE. WHEN IT BECOMES OVERWHELMING USE THESE TIPS TO DEAL WITH ISSUES HEAD ON AND PREVENT ANXIETY FROM TAKING OVER YOUR LIFE

Revised 9/6/2011