

LIVING WITH ANXIETY

Some anxiety is normal. But for some people, it doesn't go away. Anxiety disorders can cause serious problems with work, school, friends, and family.

DO THESE SYMPTOMS SOUND FAMILIAR?

Nervous. Tense. Restless.

Worried all the time

Grouchy or on edge

Heart pounding

Headaches

Sweaty

Shaky



Can't face certain situations

A sense of danger or doom

Can't catch your breath

Sick to your stomach

Can't sleep

Can't think

Tired

GOOD NEWS: TREATMENT WORKS.

Everyone experiences anxiety differently.

Your doctor can help you find what works for you. It may be a combo of:



Medications



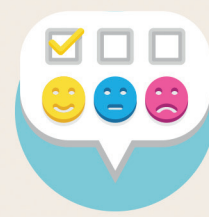
Talk therapy



Exercise and eating right



Mindfulness



Other lifestyle changes

TYPES OF ANXIETY DISORDERS:

1

Generalized Anxiety Disorder (GAD):

Never-ending worry about many areas of life, usually for 6 months or longer.

2

Social Anxiety Disorder:

It's more than shyness. People with social anxiety may feel fearful or nervous about parties, dating, job interviews, or even using a public bathroom.

3

Panic Disorder:

Having unexpected attacks of intense fear or doom. Panic attacks can make you feel like you're dying, but they usually go away soon.

AND OTHERS...

FAST FACTS:

⚡⚡⚡⚡ MORE THAN **40** MILLION Americans suffer from an **anxiety disorder**.



Having a **family history of anxiety** raises your risk.

You can't die from a panic attack. You might feel like you're having a heart attack, but **a panic attack won't kill you**.

Anxiety disorders are easy to treat. Yet only about **40%** of people who have them ever get help.



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