

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.
- Headaches
- Can't sleep
- Can't face certain situations
- Worried all the time
- Sweaty
- Can't think
- A sense of danger or doom
- Grouchy or on edge
- Shaky
- Tired
- Can't catch your breath
- Heart pounding
- Sick to your stomach

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:

- ### Generalized Anxiety Disorder (GAD):

Never-ending worry about many areas of life, usually for 6 months or longer.
- ### Social Anxiety Disorder:

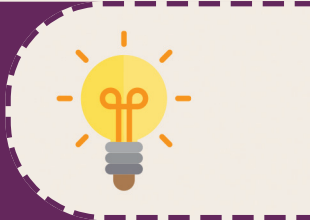
It's more than shyness. People with social anxiety may feel fearful or nervous about parties, dating, job interviews, or even using a public bathroom.
- ### Panic Disorder:

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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