

Signs of Anxiety

Examples of Feeling Anxiety or Anxiousness*

- Excessive Worry
- Uncontrollable Nervousness
- Increased Heart Rate
- Poor Concentration
- Breathing Rapidly
- Trouble Sleeping
- Having a sense of impending doom, danger, or panic
- Difficulty Controlling Worry

* *Anxiety looks different for everyone.
This is not an exhaustive list of symptoms.*

Why do we experience Anxiety?

Anxiety is a mental and physical reaction to real or perceived threats. Small doses of anxiety can be healthy as it serves a purpose in alerting us and protecting us from potential danger. Excessive anxiety can be serious, even debilitating, and should be addressed with professionals.

Cycle of Anxiety

People often try to avoid stressors to protect themselves from anxiety. This gives an immediate sense of relief from the symptoms of anxiety we're struggling with (e.g. worry, fear, or excessive sweat). However, this relief is only temporary. The fear that led to the initial avoidance worsens, leading to a growth in long term anxiety around the specific stressors. This starts the cycle of anxiety over again.

Prevention

- Seek help as early as possible by talking to a trusted family member, friend, or by calling a healthcare provider
- Incorporate activities you enjoy to weekly routines
- Avoid using drugs and alcohol

When to Get Help

- When worries begin to interfere with work and relationships
- Worry or anxiety has become too difficult to control
- If you have other mental health concerns in addition to anxiety
- If anxiety could be linked to a physical medical issue
- Seek emergency medical treatment if you are experiencing suicidal thoughts or behaviors

Reference: [mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961](https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961)