

UNDERSTANDING ANXIETY

WHAT IS ANXIETY?

Anxiety is a common feeling usually described as uneasiness, nervousness, or apprehension. It often occurs when we are confronted with things that are unexpected or uncomfortable.

WHAT CAUSES ANXIETY?

Anxiety is caused by our bodies releasing stress hormones in response to dangerous or threatening situations.

TYPES OF ANXIETY

Anxiety comes in all forms and intensities. Sometimes it's a general feeling of uneasiness, whereas at other times it's caused by specific situations or concerns. Some examples are: social anxiety, phobias, panic disorders, post-traumatic stress disorder, and obsessive compulsive disorder.

CIRCLE SYMPTOMS OF ANXIETY THAT YOU EXPERIENCE:

PHYSIOLOGICAL (THE WAY YOUR BODY REACTS)

Pounding heartbeat / Shortness of breath /
Excessive sweating / Chills / Tremors /
Headaches / Fatigue / Weakness / Dizziness /
Insomnia / Nausea / "Butterflies" in stomach /
Frequent urination / Diarrhea /

PSYCHOLOGICAL (THE WAY YOUR MIND REACTS)

Racing thoughts / Irrational thoughts / Irritability /
Difficulty concentrating / Restlessness /
Depressive symptoms / Avoidance / Paranoia /

SITUATIONS THAT TRIGGER MY ANXIETY

INTENSITY (1-5)

HOW IT AFFECTS MY LIFE

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