



## **Anxiety**

**What is anxiety?** Anxiety, a feeling of worry and nervousness, is a common emotion. Occasionally feeling anxious when facing a stressful or risky situation, such as public speaking, dating or an interview, is an expected part of our human experience and is the *normal* range of emotions. However, anxiety that is constant and debilitating may be a serious clinical condition. Individuals that deal with anxiety disorders have difficulty maintaining ordinary lives due to out-of-proportion feelings of intense worry and fears, on everyday matters such as phone calls, shopping trips, and walking from one class to the next. Among teens, 13% experience anxiety so severe that they need professional assistance. For those who believe they may be dealing with a clinical anxiety disorder, please contact a medical professional for further assistance.

### **General Signs of an Anxiety Disorder:**

- ❖ Excessive worry and irrational fear
- ❖ Flashbacks to traumatic events
- ❖ Persistent and unshakable self-doubt
- ❖ Inability to be still and calm
- ❖ Numbness or tingling in the hands or feet
- ❖ Shortness of breath or trouble breathing
- ❖ Dizziness and nausea
- ❖ Interference of functioning with one's daily tasks, routine and/or responsibilities

**How do I handle anxiety?** As with all endeavors, the solution to appropriately handling anxiety begins with realistically addressing the situation. Understanding what type of anxiety one deals with and how to improve leads to meaningful and effective action. For individuals who want to manage "normal" anxieties, there are many ways to relieve and manage anxiety.

### **Suggestions to reduce anxiety include:**

- ❖ Relaxation routine such as deep breathing, meditation, yoga, listening to calm music
- ❖ Regular exercise
- ❖ Eat a healthy diet (Avoid caffeine!)
- ❖ Challenge paranoid thinking and address fears/anxieties rationally

**For more information, visit the following recommended websites:**

- <http://www.healthline.com/health/anxiety> (general understanding, types, treatments, tips)
- [http://www.ucdmc.ucdavis.edu/welcome/features/20081105\\_anxiety/](http://www.ucdmc.ucdavis.edu/welcome/features/20081105_anxiety/) (Is my anxiety clinical?)
- <http://www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety> (types of anxiety)