

WHAT IS ANXIETY?



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Anxiety is a normal part of being human. It ranges from a vague apprehension to an intensely uncomfortable feeling similar to fear. Anxiety serves an important purpose: It is a warning signal, triggered by a conscious or unconscious perception of danger.

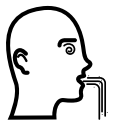
WHAT DOES IT FEEL LIKE?

Anxiety can feel different for everyone, but usually we can sense anxiety physiologically and psychologically.

Physiological Symptoms:



- Muscle tension
- Shaking
- Racing heart
- Dizziness
- Sweating
- Difficulty breathing
- Can't catch your breath
- Tightness/heaviness in chest
- Sleeping difficulties
- "Butterflies in the stomach"
- Changes in appetite, nausea, digestion problems



Psychological Symptoms:



- Excessive worrying or thinking something is going to go wrong
- Specific fears
- Invasive automatic thoughts
- Negative thinking
- Self-criticism and self-doubt
- Difficulty trusting others
- Paranoia
- Inability to concentrate
- Feeling distracted
- Hypervigilance
- Isolation or avoidance



IS IT NORMAL?

These symptoms are normal reactions to many situations; however, anxiety can become too intense and occur too frequently. When anxiety becomes frequent, ongoing, or causes problems with normal everyday functioning, it may be considered a disorder.



Important questions to consider:
How often do I experience anxiety?

How much does my anxiety get in the way of living my life fully?