

Anxiety

By Taylor Woodall

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People with anxiety have intense, excessive and persistent worry and fear about everyday situations.



What is Anxiety?

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What is Anxiety?

They suffer repeated episodes of anxiety, fear or terror that reach a peak within minutes. Feelings of anxiety and panic are difficult to control and can last a long time.



Phobias

- Some people experience deep and specific phobias which can interfere with daily living.





What are
some
symptoms?

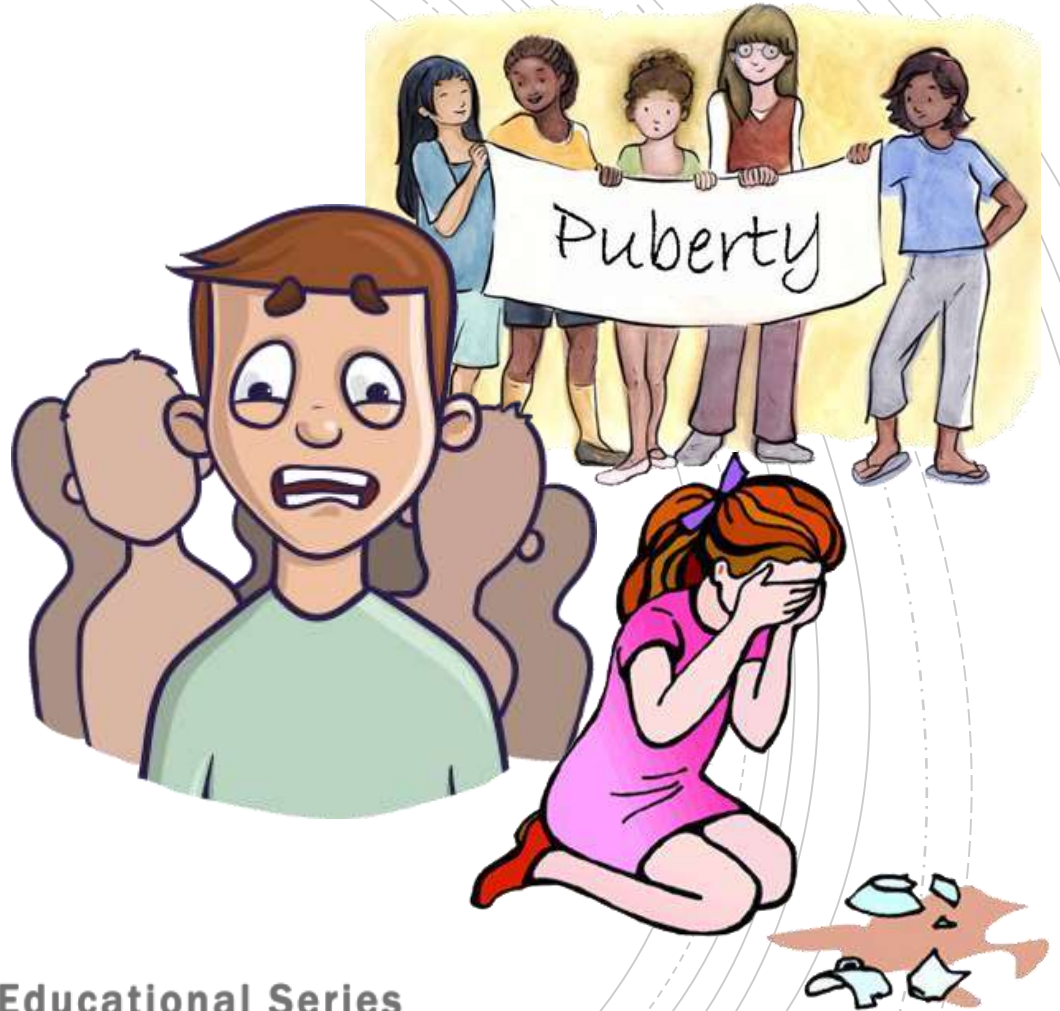
Anxiety Symptoms

- Feel nervous, restless or tense
- Have a sense of impending danger, panic or doom
- Have an increased heart rate; breathe rapidly
- Heavy perspiration; sweating
- Trembling or shaking
- Feeling weak or tired; have trouble sleeping
- Trouble concentrating
- Experience stomach problems

What causes anxiety?

Causes of anxiety disorders aren't fully understood. It can be a result of some of the following:

- Life changes
- Constant worry about friends, family or yourself
- Fear of making mistakes



- Fear of Separation



What causes
Anxiety?



What does anxiety feel like?

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Anxiety can make
you feel...

- Anxiety affects people differently.
- Some people feel lost, sad, or sick depending upon their situation.

Lost or Lonely



Sad



Sick



Anxiety can make you feel...

- Some people feel extremely nervous
- Others may feel afraid or panicked
- And other may feel exhausted from the continuing feeling of fear



Anxiety affects your body too!

- Anxiety can have an effect on your heart rate - making it beat too fast when you have an episode.



Anxiety affects your body too!

- Anxiety can make you perspire – a lot!
- Or, make you shake and tremble with fear.



Sometimes,
anxiety can
make you cry.



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How does one
get Anxiety?

There is no one reason that someone suffers from Anxiety. Some causes may be:

- Traumatic experience
- Stress
- Abusive relationship
- Violence
- Poverty
- Sexual abuse
- Mental illness



What can I do if I have anxiety?

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Helping Yourself

- Talking to others about your feelings is good medicine.
- Find a support group where you can share your story with others who also have anxiety.



Try meditation
or prayer



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Prevention

- Stay active
- Avoid alcohol and drugs
- Eat a nutritious diet



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When it's time to see a doctor

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It's time to
see a doctor
when...

You may need to see a doctor if:

- ✓ You cannot sleep
- ✓ You have bad thoughts all the time



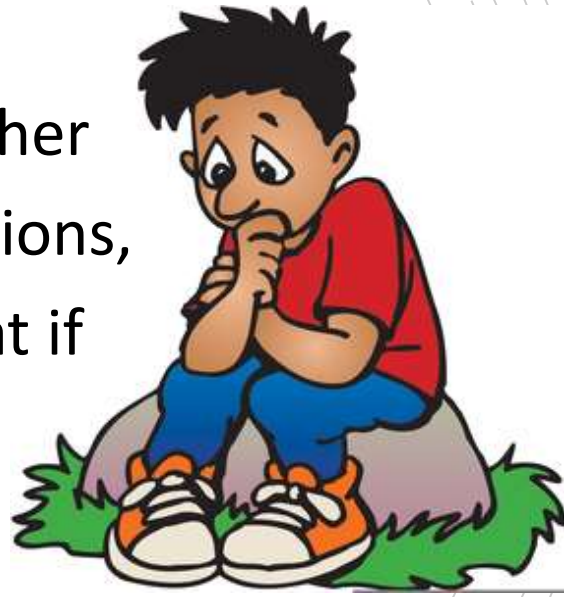
Call your doctor
right away!!

- ***Call your doctor right away if you feel suicidal or have any negative thoughts where you may injure yourself or others!***
- Your doctor will help you with appropriate treatment.



IMPORTANT!

- **Get help early!**
- Anxiety, like many other mental health conditions, can be harder to treat if you wait.



Remember!

Many people have anxiety.
Whatever form of anxiety you
have, treatment can help.

References

- <https://kidshealth.org/en/parents/anxiety-disorders.html?ref=search>
- <https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>
- <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>
- <https://www.webmd.com/anxiety-panic/guide/anxiety-disorders#1>

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