

GENERALIZED ANXIETY

SOCIAL ANXIETY

PANIC DISORDER

ANXIETY

Feeling overwhelmed?

MORE THAN

3 Million Americans

SUFFER FROM SOME TYPE OF ANXIETY DISORDER

SEPARATION ANXIETY

A DISORDER IS WHEN ANXIETY BECOMES IRRATIONAL.

A person who has an anxiety disorder may experience feelings that are persistent, seemingly uncontrollable, and overwhelming. It can feel like an excessive, irrational dread of everyday situations. And in some cases, it can be disabling.

ANXIETY CAN BE TREATED BY FIRST TRYING THESE SIMPLE LIFESTYLE AND BEHAVIORAL CHANGES:

ACKNOWLEDGE IT IS REAL

Acknowledging anxiety's presence. Most people who struggle with anxiety do not know they have it. Seek the help of a health care provider to help create a plan for dealing with it.



TACKLE STRESSORS

Identify the stress points in your life that act as triggers to anxiety such as long work hours, stressful relationships and an academic overload. Look for ways to reduce or eliminate these stressors.



CUT THE CAFFEINE

Cut down on caffeine that can increase a person's heart rate and increase water intake.



KICK IT WITH EXERCISE

Add exercise to your daily routine even if it means a small walk a day. Get outside and breathe in the fresh air.



SEEK SLEEP AND RELAXATION

Establish a healthy sleep routine and make sure you are getting enough sleep each night. Pursue relaxation techniques such as yoga.



GET LOST IN A HOBBY

There are many hobbies that have shown to be helpful to people with anxiety such as music therapy, painting, or reading books.

There are times when a person may need additional help with their anxiety. Various medications exist to help control and alleviate symptoms. However, more times than not a person can find relief by simply evaluating their life.

For more information on anxiety, visit premierhealthnet.com/familyhealth.

SOURCES: Chandan Gupta, MD, Monroe Medical Center; Anxiety and Depression Association of America (ADAA)