

ALL ABOUT ANXIETY

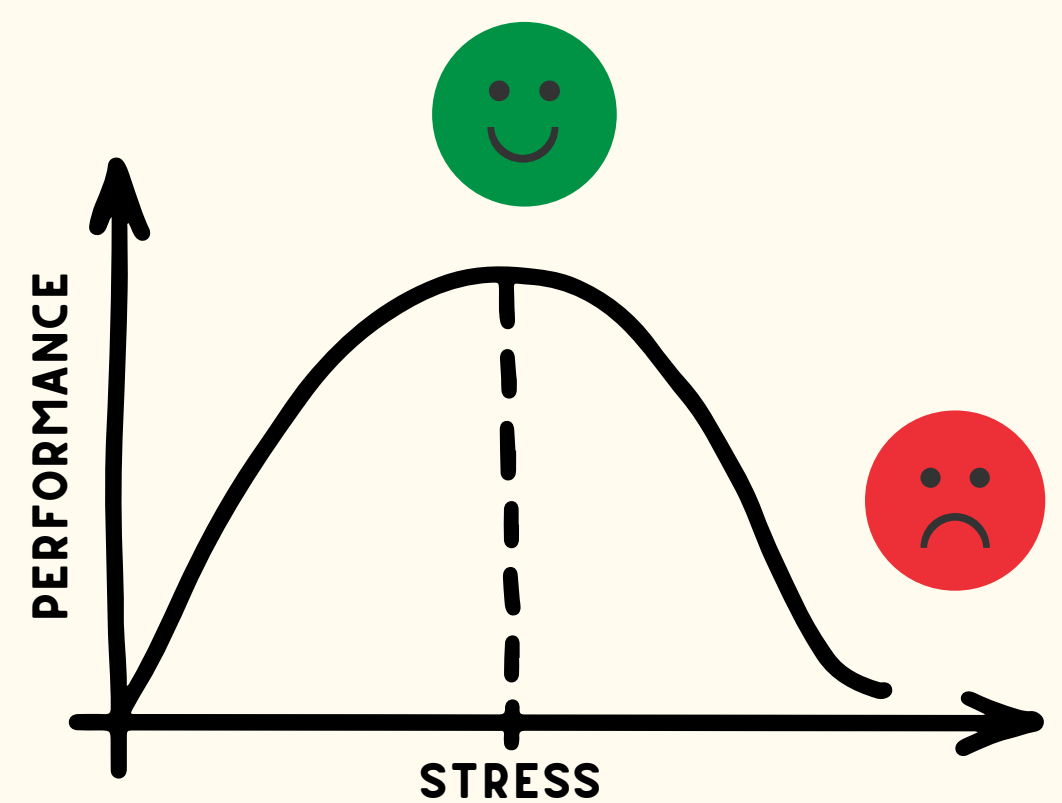


ANXIETY SYMPTOMS

- Feeling moody
- Difficulty sleeping
- Headaches
- Muscle tension
- Stomach ache
- Trouble concentrating
- Sweating
- Feeling restless
- Fast heartbeat
- Feeling very tired

SOME ANXIETY IS GOOD

Anxiety is a normal part of life. Humans are built to have anxiety to keep us safe from danger and keep us motivated. A little anxiety is a good thing! It becomes a problem when anxiety is so severe that it keeps us from being happy or living our everyday lives.

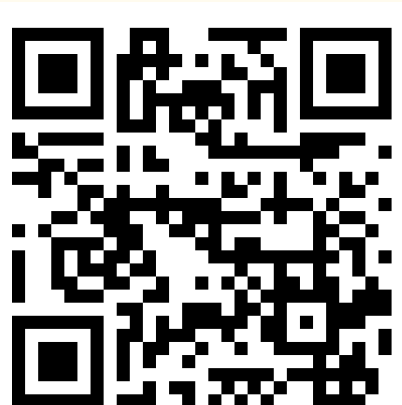


STRESS MANAGEMENT

An important part of treating anxiety is to lower your stress. Here are some ideas:

- Meditation
- Music
- Eating healthy
- Yoga
- Laughing
- Exercise
- Journaling
- Time with loved ones
- Sleeping more

If your anxiety is severe, talk to your doctor about other ways to manage it. Therapy and medications can help.



Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

Sources:

https://www.nlm.nih.gov/health/topics/anxiety-disorders#part_2220; <https://www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders>; <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257>