



BEHAVIORAL HEALTH SYSTEM

800-831-1700

Understanding Anxiety

What is Anxiety?

Anxiety is characterized by feelings of worry, uneasiness or nervousness about a particular event or unknown outcome. It is the most common mental health disorder in the United States. Occasional bouts of anxiety are a normal and healthy response to certain fearful situations, like public speaking, asking for a raise, going to large social events or even waiting in line to ride a rollercoaster. If the anxiety feels overwhelming, erratic or severe, you may be suffering from a specific type of anxiety disorder.



How Common Is Anxiety?

19.1% of adults suffer from anxiety*

What Are the Types of Anxiety Disorders?

- Separation Anxiety Disorder
- Selective Mutism
- Specific Phobia
- Social Anxiety Disorder
- Agoraphobia
- Panic Disorder
- Generalized Anxiety Disorder
- Substance/Medication-Induced Anxiety Disorder
- Other Medical Condition-Induced Anxiety



8% of adolescents and children do as well*

What Are Some Causes of Anxiety?

- Stress from work, school or relationships
- Emotional trauma
- Financial issues
- Stress from a chronic or serious medical condition
- A major event, performance or trauma
- Medication side effects
- Illicit drug or alcohol use
- Lack of oxygen

How Can I Manage Anxiety?

- A daily exercise routine
- A well-balanced diet
- Adequate sleep
- Look for positivity
- Learn your personal anxiety triggers and how to alleviate them
- Utilize relaxation techniques like yoga or progressive muscle relaxation
- Smoking cessation and no caffeine

WE ARE HERE FOR YOU 24/7.
800-831-1700

*Source: NAMI

If you or someone you know
is experiencing anxiety that
is interfering with daily life,
is accompanied by depression,
or is distressing and difficult to control,
or if you are experiencing any other
mental health crisis, call us for a no-cost
assessment 24/7 at **800-831-1700**.



BEHAVIORAL HEALTH SYSTEM

HOPE STARTS HERE.

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