THINGS YOU SHOULD KNOW ABOUT ANXIETY

What is anxiety?
- Everyone feels worried or fearful sometimes.
- But in some people, these feelings become overwhelming, persistent, or interfere with daily life.
- Anxiety disorders include panic disorder, phobias, obsessive-compulsive disorder, and posttraumatic stress disorder.

What are the signs and symptoms?
- Extreme nervousness or worry.
- Feeling intensely panicked.
- Feeling a sense of doom or powerlessness.
- Rapid breathing (hyperventilating) and an increased heart rate.
- Sweating.
- Trembling or feeling weak or tired.
- Irresistible urges to perform purposeless acts or rituals.
- Reexperiencing the feelings of traumatic events.

How is it diagnosed?
- Your doctor will ask questions about your symptoms and conduct a careful examination.
- Laboratory tests or other tests may help identify whether your anxiety has a medical cause.

How is it treated?
- Psychotherapy (also known as cognitive behavioral therapy or psychological counseling).
- Lifestyle changes, such as avoiding alcohol and coffee and quitting smoking.
- Relaxation techniques, such as meditation or regular exercise.
- Medication, such as an antidepressant or antianxiety medication.

For More Information

www.adaa.org/
Education, support, and other resources on anxiety disorders from the Anxiety and Depression Association of America.

www.apa.org/centrodepoyo/tratamiento.aspx
Answers to frequently asked questions about anxiety disorders from the American Psychological Association, in English and Spanish.

Information on mental health medications and on psychotherapy options, from the National Institute of Mental Health.