

Understanding Anxiety

What is anxiety?

Anxiety is the feeling of nervousness, uneasiness or worry that is felt when presented with something that is unpleasant, unexpected, or uncomfortable.

What causes anxiety?

Anxiety is your body's reaction to your brain's heightened awareness to situations that seem threatening or dangerous. It is your body's reaction to stress. A person's disposition, genetics, or lifestyle can contribute to the severity and prevalence of his or her own anxiety.

What kinds of anxiety are there?

Sometimes anxiety can be generalized, meaning it is more universal and chronic, and sometimes the anxiety can be geared toward specific situations, feelings, or concerns. For example, there is social anxiety, which is experiencing anxiety when in social situations. There are also panic disorders, phobias, and post-traumatic stress disorders. Everyone's anxiety is different, is experienced in different ways and at different times, and affects our lives differently.

What does anxiety feel like?

Physiological symptoms	Psychological symptoms
<i>(The way your body reacts to stress)</i> Sweating, shaking, headache, increased heart rate, nausea, fatigue, dizziness, stomachache	<i>(The way your mind reacts to stress)</i> Racing thoughts, restlessness, irrational thoughts or urges, depressed mood, irritability, avoidance, paranoia

What is anxiety like for you?

Psychological symptoms

Physiological symptoms

When do you experience anxiety?

How does anxiety affect your life?

Circle how severe would you rate your anxiety: 1 2 3 4 5 6 7 8 9 10