

Anxiety

Intense and persistent worry and fear about everyday situations.

Anxiety can be normal and helpful. It alerts us when a situation is dangerous and focuses our attention on a problem. However, **severe, frequent anxiety**, especially as a result of past or current **trauma**, can be debilitating as someone experiences **persistent** and **excessive** fear and worry that **interferes with daily activities**, is **difficult to control or relieve**, or **out of proportion** to present danger. (mayoclinic.org)

What can anxiety look like?

(Summarized from the DSM-5)

Avoiding people or places that trigger anxiety
Fear of "losing control"
Irritability
Fear of dying
Difficulty concentrating
Difficulty sleeping or repeated nightmares
Restlessness or feeling "on edge"
Chills or heat sensations

Chest Pain
Frequent headaches
Nausea & abdominal distress
Sweating
Pounding heart or accelerated heart rate
Sensations of shortness of breath or feeling smothered
Muscle tension
Trembling & shaking

Remember, symptoms of anxiety can be normal. If symptoms become excessive, difficult to control, or interfere with everyday activities, please seek professional counseling and consult with your primary doctor.

How can anxiety escalate?

