

What is **Anxiety?**

Anxiety is a feeling of fear or worry. This can be a normal response that alerts you to danger. However, when this feeling does not go away, you may have an anxiety disorder.

Causes of Anxiety Disorder:

- **Family history:** Anxiety disorders can run in families.
- **Stress:** Trauma, abuse, death of a loved one, violence, or chronic illness can cause stress.



Symptoms of Anxiety:

- Fast heartbeat, sweating, or trouble breathing
- Hard time focusing
- Muscle tension or muscle aches
- Feeling worried or nervous often
- Stomach aches or nausea
- Shaking or trembling
- Chest pain
- Trouble sleeping

How can I manage my anxiety?

Therapy and medication are used to treat anxiety. Lifestyle changes can also help.



Get plenty of sleep



Avoid caffeine, alcohol, and drugs



Have a healthy diet



Be physically active



Relax or meditate