

WHAT IS ANXIETY?

- Anxiety is a feeling of fear, dread, or unease.
- It may also cause physical sensations like sweating, restlessness, and rapid heartbeat.
- Anxiety is a normal reaction to stress and can be a good thing in certain situations. However, anxiety can be harmful to a person's health or lifestyle if it becomes chronic, difficult to control, or suddenly appears in unexpected situations.

QUICK FACTS

- Everyone experiences anxiety from time to time.
- Anxiety becomes a problem when:
 - It lasts longer than expected.
 - It's present in situations the person would not expect.
 - The person has difficulty controlling it.
- If left untreated, anxiety can increase the risk for:
 - Poor work or school performance.
 - Social isolation.
 - Low self-esteem.
 - Mental health or substance use disorders.
 - Medical conditions.
 - Suicide.

WARNING SIGNS OF EMOTIONAL DISTRESS

- Genetics.
- Environment.
- Psychological factors.
- Developmental factors.
- Poor sleep.
- Physical health conditions.
- Medication side effects.
- Trauma.
- Substance use.

ANXIETY: COMMON SIGNS AND SYMPTOMS

GENERAL

- Feeling nervous, restless, agitated, or tense.
- Having a sense of impending danger, panic, or doom.
- Having an increased heart rate, dizziness, or shortness of breath.
- Breathing rapidly (hyperventilation).
- Sweating.
- Trembling.
- Feeling weak or tired.
- Dry mouth.
- Trouble concentrating or thinking about anything other than the present worry.
- Trouble sleeping.
- Experiencing gastrointestinal (GI) problems.
- Feeling worried all the time.
- Having the urge to avoid things that trigger anxiety.

RECOVERY IS POSSIBLE

Call 910-862-6900 today to speak to someone who can help.

SIGNS IN CHILDREN

- Complaining of aches and pains.
- Refusing to eat or go to school.
- Fidgety, distracted.
- Constantly tensing muscles.
- Shaking or sweating when intimidated.
- Trouble falling or staying asleep.
- Crying a lot or having meltdowns or tantrums.
- Being very sensitive.
- Becoming angry without an obvious reason.
- Afraid of making mistakes.
- Having panic attacks or frequent nightmares.
- Constant worry.
- Constantly asking “What if?”
- Staying quiet when expected to work with others.
- Staying inside alone at lunch or recess.
- Seeking constant approval from parents, caregivers, teachers, and friends.
- Saying “I can’t do it!” without a real reason.

RISK FACTORS FOR ANXIETY

- Trauma.
- Ongoing stress.
- Having a health condition or serious illness.
- Personality.
- Mental health or substance use issues.
- Genetics.
- Certain physical health issues.
- Caffeine, medications, or other substances.

WHEN TO SEEK HELP

- When your fear, worry, or anxiety becomes upsetting and difficult to control.
- When you feel depressed, have trouble with alcohol or drug use, or have other mental health concerns along with anxiety.
- When you think your anxiety could be linked to a physical health problem.
- When you have suicidal thoughts or behaviors. If this happens, seek emergency treatment immediately.

TAKE ACTION

Your worries may not go away on their own and can become worse if you don't seek help. Anxiety is easier to treat if you get help early.

- Reach out to your doctor, school counselor, or mental health professional.
- Remember that early intervention is always best for you or your loved one's health and well-being.

Call 910-862-6900 today to speak to someone who can help.

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Resources available upon request.

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