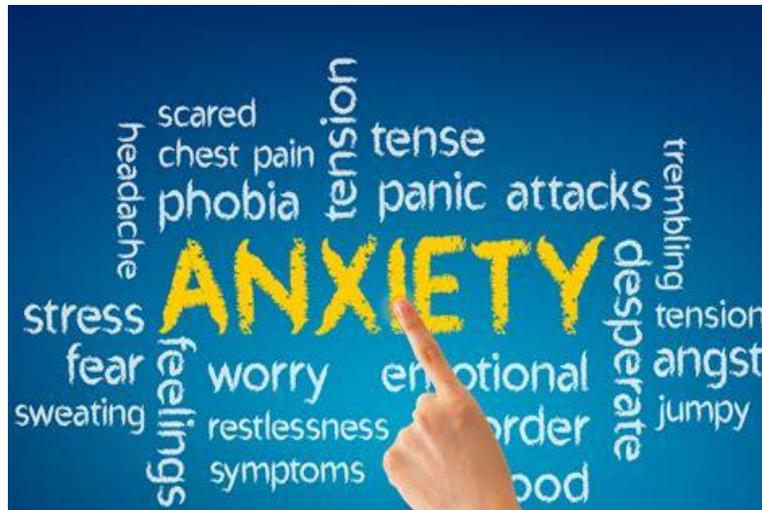


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Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. The first day of school, going to a job interview, or giving a speech may cause most people to feel fearful and nervous.

Ordinary anxiety is a feeling that comes and goes, but does not interfere with your everyday life.

But if your feelings of anxiety are extreme, last for longer than six months, and are interfering with your life, you may have an anxiety disorder.

In the case of an anxiety disorder, the feeling of fear may be with you all the time. It is intense and sometimes debilitating.

ANXIETY SYMPTOMS

- Numbness and tingling
- Dizziness
- Chest pain
- Headaches
- Neck tension
- Stomach upset, nervous stomach
- Pulsing in the ear
- Burning skin
- Nausea
- Shortness of breath
- Electric shock feeling
- Shooting pains in the face
- Heart palpitations
- Weakness in legs
- Feeling like you are going crazy
- Inability to rest
- Fear of impending doom
- Sleep problems

TYPES OF ANXIETY DISORDERS

Panic disorder: experiencing recurring panic attacks at unexpected times. A person with panic disorder may live in fear of the next panic attack.

Phobia: excessive fear of a specific object, situation, or activity

Social anxiety disorder: extreme fear of being judged by others in social situations

Obsessive-compulsive disorder: recurring irrational thoughts that lead you to perform specific, repeated behaviors

Separation anxiety disorder: fear of being away from home or loved ones

Illness anxiety disorder: anxiety about your health (formerly called hypochondria)

Post-traumatic stress disorder (PTSD): anxiety following a traumatic event

TREATMENT FOR ANXIETY

There are a number of treatment approaches for anxiety disorders. The type of treatment you receive will depend on your anxiety symptoms and type of disorder.

Not every treatment works for every person. You may need to try a number of treatments, or combinations of treatments, before finding what works for you.

The main treatments for anxiety disorders include:

- Psychotherapy (talk therapy with a trained mental health professional)
- Medications
- Exercise
- Natural remedies and complementary treatments

If you think you have a problem with anxiety, contact your primary care physician for help.

Sources: <https://www.healthline.com/health/anxiety>
<https://www.everydayhealth.com/anxiety/guide/treatment/>
<https://www.anxietycentre.com/anxiety-symptoms.shtml>