

Anxiety presents itself in many different ways...



Avoiding activities or events (including school)



The desire to control people and events

Crying and difficulty managing emotions



Feeling agitated or angry



Defiance and other challenging behavior



Pain like stomachaches and headaches



Intolerance of uncertainty



Difficulty getting to sleep



Having high expectations for self, including school, work, & sports

Struggling to pay attention and focus



Feeling worried about situations or events



Over-planning for situations and events

Feeling extremely fatigued or tired



Having a lot of muscle tensions (headaches or neck tensions)

Every Day Anxiety

Worry about paying bills, landing a job, a romantic breakup, or other important life events

Embarrassment or self-consciousness in an uncomfortable or awkward social situation

A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event

Realistic fear of dangerous object, place, or situation

Anxiety, sadness, or difficulty sleeping immediately after a traumatic event

Anxiety Disorder

Constant and unsubstantiated worry that causes significant distress and interferes with daily life.

Avoiding social situations for fear of being judged, embarrassed, or humiliated

Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one

Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger

Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before.

Tips to Manage Anxiety



Accept that you cannot control everything.

Put your stress in perspective: is it really as bad as you think?



Take a time out.

Practice yoga, listen to music, meditate, learn relaxation techniques. Stepping back from problems helps clear your head.



Talk to someone.

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.



Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones.



Exercise daily.

Exercise can help you feel good and maintain your health.