

**START
THE
CONVO.**

ANXIETY

THE STATS

1 in 5 Youth & Adults



Report Symptoms of Anxiety

Feeling anxious is a normal part of life. Many people worry about things such as health, money, school, work, or family. But **anxiety disorders involve more than occasional worry or fear**. For people with these disorders, anxiety does not go away, is felt in many situations, and can get worse over time.

HOW TO RECOGNIZE SIGNS & SYMPTOMS:

- **Emotional Signs** – Constant worrying, fear of judgment, feeling agitated or overwhelmed
- **Physical Symptoms** – Stomach aches, headaches, sweating, trouble sleeping, feeling tired
- **Behavioral Changes** – Avoiding activities, overplanning, struggling to focus, setting high expectations for oneself

HOW TO COPE:

- Deep breathing or mindfulness.
- Moving your body (exercise, stretching).
- Connecting with supportive people.
- Journaling or creative outlets.
- Seeking professional help when needed.

Call. Text. Chat.



no judgment. just help.

HOW TO START THE CONVO:

- **Ask** open-ended questions.
- **Offer support**, not solutions.
- **Validate** feelings.
- **Encourage** problem-solving.
- **Model** healthy behaviors.

**SCAN FOR ADDITIONAL
RESOURCES**



Find a provider: 1N5.org/find-a-provider

Learn more: <https://www.nimh.nih.gov/health/topics/anxiety-disorders>

