

# Anxiety

Anxiety is a word to describe the feeling of worry, tension, or even fear. **Anxiety is normal.** We all worry at times about things such as money, family, or our health. Anxiety can also come from good things such as getting married, a new job, or moving.



## When does anxiety become a problem?

If your worrying does not go away or interferes with your life, you may have an illness. Ask your doctor for help. He or she can refer you to an expert. You can get better.

## What are some signs of anxiety?

In your mind:

- Worry or fear
- Having trouble focusing
- Feeling impatient or irritable

In your body:

- Headaches or muscle tension
- Heart beating fast (palpitations)
- Tiredness
- Trouble sleeping
- Trouble swallowing
- Nausea or vomiting

## What are some causes of anxiety?

- Stress from change
- Problems with school, family, or your health
- Car accidents or not having a car
- Loss of a job or loved one

## What can I do about anxiety?

- Exercise on most days of the week
- Eat healthy foods
- Talk about issues with people you care about and trust
- Think positively
- Pray or meditate (think deeply or spiritually)

Many people think they are born worriers or that they can “handle it.” However, anxiety is real. Some people may need to talk to a health care professional. Some people may need medicine.

People with anxiety may have another illness, such as depression. Depression is feeling sad or unhappy. Most of us feel this way at one time or another. If you feel this way for two weeks or longer, it is time to seek help.

Talk with your doctor. Ask questions about your thoughts, feelings, and symptoms. Your doctor can refer you to a health care professional. It is important to find the right one. Let your doctor know if you have preferences based on gender, age, language, or culture.