

# Understanding

# Anxiety Disorders

## Know the Facts

- Anxiety disorders can develop at any age, but most often appear between a person's teens and late twenties
- Anxiety disorders affect 40 million American adults every year
- **Anxiety disorders are manageable and treatable, often with medication and/or counseling**

## 5 Major Types of Anxiety Disorders

- Generalized Anxiety Disorder
- Post-traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Panic Disorder
- Social Anxiety Disorder

Source: National Institute of Mental Health



## Anxiety: What is it?

Anxiety is a common sensation, often arising as a coping mechanism for stressful situations like public speaking, test-taking, or interviews. Mild anxiety is a natural human emotion that everyone experiences at times, but when it becomes excessive and persistent, interfering with everyday tasks and situations, it can mean that an anxiety disorder is present.

Anxiety disorders are typically diagnosed if symptoms like excessive worrying appear for more than 6 months.

If you think you have an anxiety disorder, the first person you should see is a physician. A doctor can determine whether the symptoms are due to an anxiety disorder, another medical condition, or both.

## Symptoms

Different types of anxiety disorders have different symptoms, but below are a few general indicators to look for:

- Unrealistic or excessive worry or fear
- Trouble sleeping
- Trembling or shaky hands
- Ritualistic behaviors (e.g. excessive hand-washing, counting, etc.)
- Muscles aches and tension
- Irritability
- Racing pulse, racing heart

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