

Everyone occasionally feels worry, fear, or Anxiety. Generally, these feelings are short-lived and pass within a couple of days. You might feel Anxious when faced with a problem at work, before speaking in public, taking a test, making an important decision, or figuring out your relationship(s). When worry and fear worsen, we can feel Anxious and overwhelmed because our life is not what we want it to be, and we don't have a plan in place for making it any better. Anxiety disorders involve more than temporary worry or fear, for a person with an anxiety disorder, the anxiety does not go away and can get worse over time. According to the NIMH (National Institute of Mental Health), Anxiety affects millions of people each year, and persons with Anxiety disorders do not experience all the same symptoms. The severity, frequency, and duration of symptoms can vary depending on the individual and their particular environment, stressors, and neurochemistry. There are several different types of anxiety disorders: Generalized Anxiety Disorder (GAD), panic disorder, agoraphobia, phobias, selective mutism, and social anxiety disorder. Anxiety can manifest or worsen with substance abuse, some medications, and some medical disorders.

### **Anxiety Signs and Symptoms can include:**

- Restlessness, being “wound-up”, “keyed-up” or on-edge
- Feelings of guilt, worthlessness, or helplessness
- Irritability, agitation, and restlessness
- Avoidance of situations that embarrass or incapacitate
- Marked anxiety or intense fear around specific objects or/and situations
- Fatigue and decreased daily energy
- Difficulty concentrating, remembering details, and making decisions
- Sleep disturbance (difficulty falling or staying asleep or restless, unsatisfying sleep)
- Overeating, or appetite loss
- Recurrent thoughts that you're dying, or fear of dying or “going crazy” or losing control
- Difficulty controlling the worry
- Aches or pains, headaches, stomach or digestive/elimination problems that do not ease even with treatment
- Failure to consistently engage where it's socially expected

When you are suffering from an Anxiety disorder, it interferes with daily life and causes pain for both you and those who care about you. Anxiety can rob you of the ability to enjoy your life and feel connected to meaningful events. Clinical Anxiety disorders are common and correlate with inflammation and somatic issues. With the proper diagnosis and anxiety treatment, things can improve. Medications, psychotherapies, diet, and other methods can effectively treat people with anxiety. Anxiety relief is available- **I can help you develop an effective, customized plan, access additional care, offer encouragement, empowerment, and put you on-track to feeling calmer, having hope, and that life is more manageable and satisfying.**

### **Anxiety Treatment Plan may include:**

- Recognizing the Value of your Emotions.
- Learning How and Practicing to Honor your Emotions
- Honoring How your Body and Emotions Influence and Respond to one another.
- Taking Inventory and Exploring Satisfaction Levels with all areas/domains of your life.
- Start working toward a plan for improvement one-step-at-a-time. The best way to do this is building and accessing supports, noticing and changing negative patterns, and building positive coping skills.