

## Anxiety Resource

**Anxiety:** is a normal feeling when under stress but the hallmark of severe anxiety is excessive or all-consuming worries that begin to impact your daily function.

**Social Anxiety:** is the excessive and illogical worry about social interactions, being observed, or performing in front of others. Often this anxiety is associated with fear of being scrutinized or negatively judged.

**General Anxiety:** uncontrollable worry about various events, situations, or activities.

### Anxiety Symptoms

Restlessness/On Edge

Easily fatigued

Difficulty concentrating

Mind going blank

Muscle tension

Moodiness

Irritability

Sleep disturbance

Weight Fluctuation (gain or loss)

Digestive Issues

Social Anxiety-fear of negative judgment and anxiety is out of proportion to situation

### Management Skills

Routine: create a routine for your day that includes meeting your physical, emotional, mental, social and spiritual needs.

#### Physical

- Get adequate sleep
- Nutrition-ensure you are eating a variety of healthy foods and regularly
- Exercise daily if possible

#### Mental

- Challenge your self talk
- Stay in the present moment
- Plan worry time

#### Emotional

- Recognize when you are feeling anxious
- Meditate
- Practice Calming Exercises- breathing, mindfulness
- Practice Stress Management skill

#### Spiritual

- Connect with Nature
- Engage in a favorite activity
- Connect with Friends or Family