



## LIVING WITH ANXIETY

**Anxiety Disorders** are a group of disorders that are marked by intense anxiety and fear. Over 21% of adults between the ages of 18-64 will have diagnosable anxiety disorders in any given year.

**Anxiety Disorders include:** General Anxiety Disorder • Social Anxiety Disorder • Panic Disorder • Obsessive-Compulsive Disorder • Post-Traumatic Stress Disorder • Phobias

### WHAT DO ANXIETY DISORDERS LOOK AND FEEL LIKE?

#### PHYSICAL EFFECTS

Chest Pain • Racing Heart  
Shortness of Breath •  
Dizziness • Nausea • Fatigue  
Headaches • Stomachaches •  
Tension in Neck & Shoulders

#### COGNITIVE EFFECTS

Excessive Worrisome Thoughts •  
Fear of Death • Nightmares •  
Flashbacks • Trouble Focusing •  
Numbing of Emotions • Planning  
for the Most Awful Outcome

#### BEHAVIORAL EFFECTS

Compulsive Behaviors • Easily  
Startled • Increased Isolation  
Withdrawal • Shortened  
Temper • Difficulty Sitting Still

### WHAT CAN I DO WHEN I AM FEELING ANXIOUS?

**Anxiety** makes you feel like you have little control over your life. The following tips can help minimize those feelings and help you feel more in control. Physical activity can help burn some of the energy that comes with anxiety, Adult coloring books have a calming effect on your mind and body, Mindful meditation allows you to focus on the present and set aside worries, Talk to a trusted friend until your anxiety subsides, Practice deep breathing– feeling the anxiety melt away with each slow exhale, Create a journal of your anxious thoughts and consciously cross out the ones that you know are irrational.

An **Anxiety Self-Assessment Tool** is available at [www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com). Just click on the **MemberAccess** link. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor.

Your **Employee Assistance Program (EAP)** provides access to free and confidential assistance for issues such as this. If you're having a hard time managing your stress, your EAP can help. Call your BHS Care Coordinator at 800-245-1150 to speak about options for support and what resources your company may provide for you.



**BEHAVIORAL HEALTH SYSTEMS**