

Anxiety Disorders

What is Anxiety?

Anxiety is that feeling one sometimes gets when they are uneasy or distressed. Those with persistent underlying anxiety find they aren't performing everyday tasks as well as they need to.

An anxiety disorder lasts at least six months and can worsen without treatment. This is more serious than the situational anxiety felt when meeting new people, talking in front of others, or at a job interview.

There are effective treatments for anxiety disorders. Some of the more common anxiety disorders are Social or General Anxiety, Panic Disorder, Post-Traumatic Stress Disorder (PTSD), and Obsessive-Compulsive Disorder (OCD).

Treatments

Anxiety disorders are often undiagnosed for years because people seek treatment for physical symptoms such as headaches, chest pains, shortness of breath, and fatigue, to name just a few. Substance abuse can also mask symptoms of anxiety.

Treatment for anxiety disorders includes medication coupled with psychotherapy (which helps people change thinking patterns contributing to their anxiety).

Anxiety disorders can severely disrupt work, social, and family life.

General Anxiety

- Headaches
- Restlessness
- Irritability
- Difficulty relaxing
- Sleep problems
- Tense muscles
- Low energy
- Low concentration

Panic Anxiety

- Pounding heart
- Chest pains
- Breathlessness
- Feeling dizzy
- Tingling or numbness
- Hot flashes or chills
- Nausea

Social Anxiety

- Avoiding social settings
- Blushing
- Sweating
- Pounding heart
- Shaky voice
- Trembling
- Nausea
- Diarrhea

Effects of Anxiety

Anxiety disorders are serious and can get in the way of effectively doing things you want to do. Anxiety disorders can be treated. Most people can be helped with medication, counseling, or a combination of both. Anxiety disorders affect over 40 million American adults.

**Southeast Kansas
Mental Health
Center**



Treatment

A qualified mental health professional must thoroughly assess your anxiety disorder before treatment can begin. After your diagnosis, a clinician will coordinate the most effective treatment approach for your recovery. It is important to follow the treatment recommended.

Sometimes, it's necessary to try various treatment combinations to find the best one for a particular individual. Medication can help keep symptoms under control. With proper treatment, most people with anxiety disorders will continue to lead normal and productive lifestyles.

The first step to getting treatment is to discuss your concerns with your physician or seek guidance from a mental health professional.

Goals of Anxiety Treatment

- Relieve physical and emotional symptoms of persistent underlying anxiety.
- Restore the capacity to function normally.
- Understand how situations contribute to underlying anxiety and implement strategies to deal with them

Tips to Help with Anxiety

- Seek help from a therapist.
- Ask family and friends for support.
- Join a support group.
- Set small, manageable goals.
- Learn stress management.
- Limit or avoid alcohol and caffeine.
- Adopt an exercise routine.
- Spend time doing something you enjoy.
- Maintain good sleeping and eating habits.

**Southeast Kansas
Mental Health
Center**



*We are here for you
whenever you need us.*

(866) 973-2241 | sekmhc.org

Serving Allen, Anderson, Bourbon, Linn, Neosho, and Woodson Counties

Information for this flyer provided by ACMHCK Marketing and Development Committee.

