

## Managing Anxiety

Anxiety can make us feel worried or nervous at times. This is normal. Anxiety can be helpful because it can motivate or warn us of danger. Generalized Anxiety Disorder (GAD) is one of the most common anxiety disorders. Anxiety disorders that cause unexpected or unhelpful anxiety that seriously impacts our lives including how we think, feel, and act can lead to other problems such as fear of meeting people (social anxiety disorder), severe panic attacks (panic disorder), and depression. If left untreated, those with GAD are at greater risk of developing medical problems such as heart disease, diabetes, and cancer.



### Signs & Symptoms

**Generalized anxiety disorder** consists of a general sense of worry about a lot of things, a lot of the time. It can result in:

- Feelings of restlessness
- Muscle tension
- Trouble concentrating
- Trouble sleeping

**Social anxiety** is a fear of being centered out in public and facing possible embarrassment or ridicule by others. So, for example, being asked to stand up and speak in class might cause physical symptoms like:

- Blushing
- A racing heart
- Sweating
- Muscle tension

**Panic disorder** can be triggered by any number of fearful thoughts or situations. A panic attack typically includes extreme physical symptoms like:

- Difficulty breathing
- Pounding heart
- Dizziness and shakiness

No matter what triggers it, a panic attack is a frightening experience. If a person has frequent panic attacks, it would be considered a panic disorder.

## Causes & Risk Factors

Like most mental health problems, anxiety disorders appear to be caused by a combination of biological factors, psychological factors and challenging life experiences, including:

- stressful or traumatic life event
- family history of anxiety disorders
- childhood development issues
- alcohol, medications or illegal substances
- other medical or psychiatric problems.

## CMHR Approach to Treatment for Depression

Many psychological treatments, such as relaxation training, meditation, biofeedback, cognitive behavioural therapy (CBT), and stress management can help with anxiety disorders. Many people also benefit from supportive counselling or couples or family therapy. Concepts in Mental Health and Resilience offers private counselling for individuals with depression. We strive to support individuals and families throughout their wellness journey by empowering them to reach for their goals and work towards continued resiliency.