



ANXIETY

19.1
%

An estimated 19.1% of U.S. adults had an anxiety disorder in the past year

(Harvard Medical School, 2007)

23.4
%

Past year prevalence of an anxiety disorder was higher for females (23.4%) than for males (14.3%)

(Harvard Medical School, 2007)

14.3
%

43.5
%

Among adults with an anxiety disorder, an estimated 22.8% had serious impairment, and 33.7% had moderate impairment. 43.5% had mild impairment.

(Harvard Medical School, 2007)

22.8
%

33.7
%

31.1
%

An estimated 31.1% of U.S. adults experience an anxiety disorder at some time in their lives

(Harvard Medical School, 2007)

TYPES OF ANXIETY DISORDERS

Generalized Anxiety Disorder

- Excessive anxiety or worry most days for at least 6 months
- Anxiety revolves around multiple areas like personal health, work, social interactions, and everyday life circumstances

Panic Disorder

- Characterized by frequent and recurring panic attacks
- Panic attacks can often be unexpected and result in periods of intense fear
- Often these panic attacks are caused by “triggers” such as an object or situation that causes fear

Phobia-Related Disorders

- Specific phobias
 - Intense fear in relation to a specific object or situation
 - For example: flying, heights, specific animals, receiving injections, blood
- Social anxiety disorder
 - Fear or anxiety toward social situations or performing in front of people
 - Concern regarding being negatively viewed by peers and feeling embarrassed
- Agoraphobia
 - An intense fear of two or more of the following:
 - Using public transportation
 - Being in open areas
 - Being in enclosed spaces
 - Standing in line or being in a crowd
 - Being outside of the home alone
- Separation anxiety disorder
 - Fear of being away from someone who the individual feels attached to

SIGNS OF ANXIETY

- Feeling restless & on-edge
- Easily fatigued
- Difficulty concentrating
- Irritable
- Muscle tension
- Difficulty controlling feelings of worry
- Problems with sleep
- Heart pounding
- Sweating
- Trembling or shaking
- The feeling of shortness of breath or choking
- Feeling a sense of doom
- Feeling a loss of control
- Actively avoiding a specific object or situation
- Difficulty controlling worries
- Images of failure
- Fidgeting
- Loss of appetite
- Indecision

Psychotherapy

Cognitive behavioral therapy

Medication (anti-anxiety, antidepressants, beta-blockers)

It is extremely important to find the right medication for you! Make sure to talk with your doctor and discuss things like:

- How well the medication is working with your symptom severity
- Benefits, side effects, and risks based on your medical record
- Costs
- Alternative options or therapies
- How and when medications should be stopped

Support groups

Contact the University Counseling Center to find a group that fits!

Stress management techniques

Progressive muscle relaxation, deep breathing, exercise, journaling, self-care, and mindfulness can all go a long way!

WHAT
YOU
CAN
DO!

IMPACT OF COVID-19

Due to the current pandemic, it can result in an increase in anxiety symptoms and severity.

Feelings of loneliness, isolation, and inactivity may make symptoms of anxiety worse.



Lack of social connections, gatherings, and limited available activities outside of the home also increases anxiety. Often individuals state that quarantine has created “too much time to think,” causing an increase in their anxiety symptoms and severity.

Many COVID-19 symptoms are the same or mimic those of anxiety, such as chills, shaking, sweating, chest pain, hot flashes, and shortness of breath.

Concerns over yourself or loved ones contracting COVID-19 is an additional source of increased anxiety during this time.

RESOURCES

The National Alliance on Mental Illness (NAMI) <https://www.nami.org/Support-Education/NAMI-HelpLine/Top-HelpLine-Resources>

Helpline: 800-950-NAMI

Crisis Text line: Text "NAMI" to 741741

The Anxiety and Depression Association of America

<https://adaa.org>

Connect with your University's counseling center or student health center

