

Facts About Anxiety

What is anxiety?

Anxiety affects millions of adults in the United States. Anxiety, worry, stress, and fear are the body's natural response to real or imagined danger or threat. However, these experiences can become a problem when:

- they happen too frequently (for example, several hours a day worrying)
- they become too intense (for example, becoming very upset or distressed)
- you can't put them out of your mind (or can't stop them once they start)
- or they prevent you from accomplishing your responsibilities or goals.

How is anxiety (worry, stress, fear) a problem for you?

Which of these anxiety symptoms are most troubling for you?

*Circle all that apply. Indicate the most troubling or most severe with an asterisk or star *.*

- | Physical Sensations | Thoughts | Behavior |
|--|--|---|
| <ul style="list-style-type: none">• Increased heart rate• Sweating (perspiration)• Tense or clenched muscles• Quick, shallow breaths, or shortness of breath• Feeling "on edge" or "wound up"• Chest pain• Lightheadedness (feeling faint)• Easily fatigued; feeling weak• Trembling• Headaches• Stomach (gastrointestinal problems) | <ul style="list-style-type: none">• Uncontrollable worry• Worry too much about different things• Worry about current or future events• Afraid or worried that something bad will happen | <ul style="list-style-type: none">• Restlessness• Inability to sit still• Avoiding social interactions or responsibilities• Avoiding things that trigger anxiety -- such as putting off opening the mail or responding to a call• Inability to meet responsibilities at home, work, or school• Irritability• Repeatedly checking or seeking reassurance• Other self-soothing (overeating, drinking, smoking) |

How is anxiety affecting you? What does anxiety get in the way of?

How does anxiety hold you back? Which life areas are affected by your anxiety. (Circle all that apply)

- Physical health
- Religion or spirituality
- Family
- Community engagement
- Friendships or other social relationships
- Education or other enrichment
- Work
- Intimate relationships
- Hobbies, creativity, or leisure
- Other

How have these symptoms been affecting your day-to-day life or functioning? How has it impacted your responsibilities and relationships?

What situations, activities, and/or responsibilities do you avoid?

What are your goals regarding these symptoms and how they have been affecting you? What would you like to see change – both in the long term, as well as the short term?

Long Term Goals	Short-Term Goals (e.g., within next week or month)
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Identify primary anxiety issue(s)

Generalized Anxiety	Agoraphobia	Panic	Social Anxiety	Specific Phobia
<ul style="list-style-type: none"> • Excessive anxiety and worry about a number of 	<ul style="list-style-type: none"> • Marked fear or anxiety about: 	<ul style="list-style-type: none"> • Recurrent unexpected panic attacks (abrupt surges of 	<ul style="list-style-type: none"> • Marked fear or anxiety about one or more social situations in 	<ul style="list-style-type: none"> • Fearful or anxious about, or avoid, specific

events or activities	-Public transportation -Open spaces -Enclosed spaces -Standing in line; being in a crowd -Being outside of your home alone -Other (specify	intense fear or intense discomfort)	which you're possibly scrutinized by others	objects or situations
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How is anxiety treated?

The good news is that most people can get relief from these symptoms with treatment. The two main treatments are cognitive behavioral therapy (CBT) and medication. A primary care provider or psychiatric provider can help with medications. CBT is one of the most effective ways to treat anxiety conditions. Our work together will be a simplified, short-term approach using these strategies. It is important to note that sometimes these anxiety symptoms can be linked to an underlying health issue, so it is important to have your primary care provider complete a physical exam.