

# Anxiety

## *What are Anxiety disorders?*

Anxiety that occurs occasionally is a normal part of life. However, anxiety disorders are not just temporary feelings of work and fear. These disorders begin to interfere with daily activities.

## *Symptoms of Anxiety Disorders*

There are many different kinds of anxiety disorders. Some symptoms include:



### Generalized Anxiety Disorder

- Feeling restless, wound-up, or on-edge
- Being easily fatigued
- Difficulty controlling feelings of worry

### Panic Disorder

- Pounding or racing heart
- Trembling or tingling
- Feelings of impending doom
- Feelings of being out of control



## *How to cope with Anxiety Disorders*

Anxiety disorders are generally treated with therapy, medication, or both. There are different ways to treat anxiety. You should work with a health care provider to choose the best treatment for you.