



# INFORMATION ON ANXIETY

**Occasional anxiety is a part of life- it's a natural reaction to events or situations that are frightening or stressful.**

When we feel anxious, our bodies often react by releasing adrenaline, which can increase our heart rate and breathing. For most people, the feelings of anxiety go away when the situation that caused it is over or the problem is resolved.

## **Overly Anxious?**

Some people suffer from anxiety that's persistent. Their anxiety affects their well-being, and interferes with their day-to-day lives. These people often:

- worry excessively and become fearful
- have difficulty sleeping and concentrating
- feel irritable, restless, and on edge

*If this sounds like you, talk to a counselor or doctor. They can help you explore ways to lessen your anxiety.*

## **What is a Panic Attack?**

A panic attack is a sudden feeling of severe fear and distress. Individuals suffering from a panic attack may feel chest pain, nausea, sweating, shaking, intense feelings of fear- and feel like something is physically wrong.

*If you experience a panic attack, take deep breaths and get to a safe place until it passes.*

