



Anxiety Signs & Symptoms



Anxiety is a common phrase used today, and it is often spoken out of context. So, what is anxiety? Occasional anxiety can occur from temporary stressors that take place in day-to-day life. However, anxiety disorders are present when symptoms go beyond temporary fear or worry. When someone is experiencing anxiety, his or her symptoms worsen over time and can begin to interfere with daily tasks and relationships.

There are varying types of anxiety disorders that include PTSD, social anxiety, phobia-related disorders or generalized anxiety. Being aware of the signs and symptoms of anxiety, as well as coping mechanisms, is the first step towards progress and healing.

Signs and Symptoms

Generalized Anxiety disorder is the most common form of anxiety. Individuals struggling with Generalized Anxiety Disorder (GAD) will likely display excessive anxiety for at least six months. Symptoms include:

- Feeling restless and/or on-edge
- Fatigue
- Irritability
- Muscle tension
- Sleeping problems/insomnia
- Uncontrollable thoughts of worry
- Rapid heartbeat
- Shortness of breath
- Avoiding everyday activities

Other Medical Conditions

Some medical conditions share the same symptoms as anxiety. These can include: substance use, heart issues, or even side effects of certain medications. Upon experiencing any anxiety-related indicators, a visit with your primary care doctor is highly recommended in order to differentiate between anxiety and physical ailments.

Coping Mechanisms

There are a variety of methods that can be used to lessen the severity of the symptoms present in one's life.

- Eat well-balanced meals
- Exercise daily
- Count to 10 slowly
- Take deep breaths
- Do your best
- Welcome humor
- Get involved
- Write down your thoughts
- Identify and learn your triggers
- Avoid alcohol and recreational drugs
- Make sleep a priority
- Get outside

Transform Your Life at Prairie View

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- Group therapy and support groups
- Cognitive behavioral therapy
- Drumming therapy
- Faith-based services
- Behavioral urgent care center

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