



UNDERSTANDING ANXIETY AND BUILDING RESILIENCE

Anxiety: Generally is internal, meaning it's your reaction to stress. Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life. Is constant, even if there is no immediate threat.

Stress: Generally is a response to an external cause, such as taking a big test or arguing with a friend. Goes away once the situation is resolved. Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Tension
- High blood pressure
- Uneasiness
- Headaches or body pain
- Loss of sleep

COMMON ANXIETY SYMPTOMS

Physical

- Palpitations
- Sweating excessively
- Muscle tension
- Dizziness
- Fainting
- Indigestion, diarrhea
- Problems with breathing

Emotional

- Constant worry
- Irritability
- Concentration problems
- Trouble sleeping
- Fatigue

TYPES OF ANXIETY DISORDERS

Generalized Anxiety Disorder

- It is the most common disorder among adults.
- It consists of long-term periods in which a person suffers from excessive and constant worry.
- The concern is not focused on a particular object or situation but is generalized.

Panic Disorder (Panic Attacks)

- The person suffers brief episodes (less than 10 minutes).
- Intense periods of terror and agitation, usually accompanied by physical symptoms
- Nausea, dizziness, vomiting, etc.
- They recur and seriously interfere with the person's daily life.
- A variant of this disorder is Panic Disorder with Agoraphobia:
 - You feel that you are only safe in the house.

Post-Traumatic Stress Disorder

- In the case of post-traumatic stress, anxiety is caused by a previous traumatic event.
- This type of event can have a strong emotional impact on the person that interferes with their ability to function in daily life.
- They are usually extreme situations for the person, for example a natural catastrophe, an accident, a war, sexual abuse, violence, victim of theft, etc.

PTSD Symptoms

- Flashbacks
- Nightmares
- intrusive thoughts
- Anxiety
- Avoidance and changes in mood and thinking
- re-experiencing the traumatic event
- avoiding reminders of the trauma
- startling easily
- having negative thoughts and beliefs.

Other disorders

Phobias, fears and aversions

- Fear of something specific
- Symptoms come from being exposed to what causes fear

Obsessive Compulsive Disorder (OCD)

- Excessive or persistent thoughts that lead to repetitive behavior

Social Anxiety Disorder

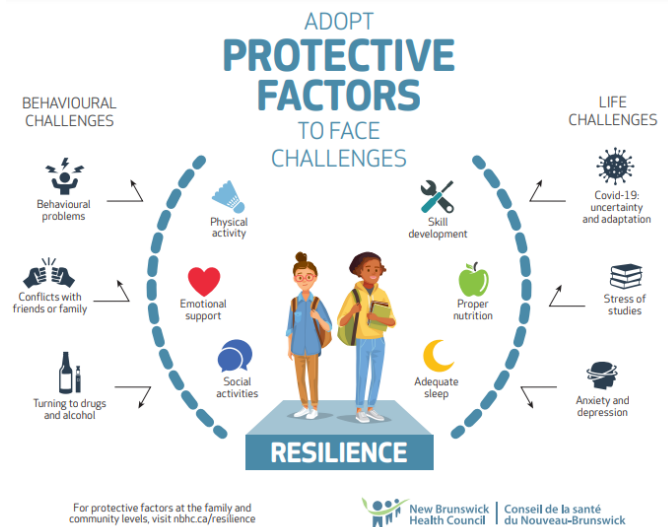
- Excessive fear about situations where the person feels evaluated by others.
- May include meetings, conversations with strangers, being observed while giving a speech or presentation

Separation Anxiety Disorder

- Separation anxiety creates fear or undue stress when separating from an attachment or meaningful figure in young children.

TIPS TO MANAGE ANXIETY

- DO NOT hide your own anxiety
- Manage your stress
- Know what triggers you
- Role model
- Have a plan
- Step away if needed
- Find support



Seek Professional Treatment

The most common treatment for Anxiety Disorders are **Psychotherapy** and **Medication** support. Depending on the severity of the situation, your doctor may recommend one, or both in combination.

- **CBT-Cognitive behavioral Therapy and Exposure therapy**
 - ***If applicable, the child's school may be included in the treatment plan if needed and appropriate
 - ***For very young children, involving parent(s) in treatment is crucial and key.

Los Angeles County Department of Mental Health

24/7 Hotline (800) 854-7771