

# UNDERSTANDING ANXIETY

It's normal to experience anxiety at times.



Anxiety turns into a disorder when symptoms interfere with your day-to-day life.

## Examples of Anxiety Disorder

Generalized anxiety disorder   Panic disorder  
Agoraphobia   Social anxiety disorder  
Separation anxiety   Selective mutism

## COMMON EXPERIENCES

- Excessive worrying
- Lack of concentration
- Panic attacks
- Feeling nervous or tense
- Feeling weak or tired
- Difficulty sleeping
- Rapid heartbeat
- Sweating

**4%** of Canadians are affected by anxiety disorders  
(Canadian Mental Health Association)

## COPING STRATEGIES

Practice mindfulness activities such as meditation or calm breathing

Stay active eat well, and get enough sleep

Take breaks when you are feeling overwhelmed

Try journaling! Writing can be a great form of expression and release from anxiety

## SUPPORTING A LOVED ONE

- Support them in using coping strategies
- Encourage them to seek professional help
- Do not push them into anxious situations
- Celebrate small victories with them
- Make yourself available and be patient

If you have any concerns, please talk to your physician/a medical professional.