

FACTS

Approximately 1 in 10 people experience anxiety at some point in their lives. It is a common mental health condition that can affect anyone.

It is not a sign of weakness or a lack of control. It is a medical condition that can be treated.

It is not the same as stress. Stress is a normal response to a situation, while anxiety is a persistent feeling of worry or fear.

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Social Anxiety SYMPTOMS

Social anxiety is a persistent feeling of worry or fear about social situations. It can affect anyone and is a common mental health condition.

Symptoms include:

- Feeling nervous or shy in social situations
- Feeling self-conscious or embarrassed
- Feeling like you are being judged or scrutinized
- Feeling like you are the center of attention
- Feeling like you are being watched
- Feeling like you are being judged or scrutinized

IF ANXIETY

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MYTHS VS FACTS

MYTHS

- Anxiety is a sign of weakness or a lack of control.
- Anxiety is a mental health condition that can be treated.
- Anxiety is not the same as stress.
- Anxiety is a normal response to a situation.
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IS IT STRESS OR ANXIETY?

Stress is a normal response to a situation, while anxiety is a persistent feeling of worry or fear.

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6 COMMON ANXIETY DISORDERS

- Generalized Anxiety Disorder (GAD)
- Panic Disorder
- Social Anxiety Disorder
- Specific Phobias
- Agoraphobia
- Separation Anxiety Disorder

5-5-5 RULE FOR ANXIETY

5 minutes of breathing exercises
5 minutes of meditation
5 minutes of journaling

TIPS FOR ANXIETY

- Exercise regularly
- Get enough sleep
- Eat a healthy diet
- Limit caffeine and alcohol
- Practice deep breathing
- Take breaks
- Seek support
- Stay positive
- Limit screen time
- Practice gratitude
- Take walks

anxiety tips

10 TIPS FOR COPING WITH AN ANXIETY DISORDER

1. Stay physically active
2. Avoid alcohol and recreational drugs
3. Use stress management and relaxation techniques
4. Make daily journaling
5. Eat healthy foods
6. Consider seeing your doctor
7. Limit your screen time
8. Identify triggers
9. Practice gratitude
10. Take walks

FOUR ANXIETY FACTS

- 1. Anxiety is a common mental health condition that can affect anyone.
- 2. Anxiety is not a sign of weakness or a lack of control. It is a medical condition that can be treated.
- 3. Anxiety is not the same as stress. Stress is a normal response to a situation, while anxiety is a persistent feeling of worry or fear.
- 4. Anxiety is a medical condition that can be treated.

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- 4. Limit caffeine and alcohol
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- 6. Take breaks
- 7. Seek support
- 8. Stay positive
- 9. Limit screen time
- 10. Practice gratitude
- 11. Take walks

PSYCHOLOGICAL SYMPTOMS

- Worry
- Restlessness
- Irritability
- Difficulty concentrating
- Memory problems
- Decision-making difficulties

PHYSICAL SYMPTOMS

- Headaches
- Dizziness
- Stomach issues
- Changes in appetite
- Sweating
- Changes in heart rate

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SA Adler



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