

"Can You See Me?" Campaign: Anxiety Help Sheet

Understanding Anxiety

Anxiety is a common mental health condition characterized by feelings of worry, fear, or nervousness that are excessive and persistent. It can interfere with daily activities and impact overall well-being if not managed effectively.

Signs and Symptoms of Anxiety

1. **Excessive Worry:** Constantly worrying about various aspects of life, even when there is no apparent reason.
2. **Physical Symptoms:** Experience of physical manifestations such as sweating, trembling, rapid heartbeat, or stomach issues.
3. **Irrational Fears:** Persistent fears or phobias that are disproportionate to the actual threat.
4. **Restlessness or Irritability:** Feeling on edge, restless, or easily irritated.
5. **Difficulty Concentrating:** Trouble focusing on tasks or making decisions due to intrusive thoughts.
6. **Muscle Tension:** Tensing muscles, especially in the neck, shoulders, or jaw.
7. **Sleep Disturbances:** Difficulty falling asleep, staying asleep, or experiencing restful sleep.

Signs and Symptoms of a Panic Attack

1. **Sudden Fear or Discomfort:** Intense feelings of fear or discomfort that come on suddenly and without warning.
2. **Physical Symptoms:** Rapid heartbeat, sweating, trembling, shortness of breath, chest pain, dizziness, or feeling lightheaded.
3. **Sense of Losing Control:** Feeling like you're going to die, pass out, or lose control.
4. **Fear of Dying or Going Crazy:** Persistent thoughts of dying, going crazy, or losing control.

How Friends and Family Can Help

1. **Be Supportive:** Offer a listening ear and a non-judgmental presence.
2. **Encourage Professional Help:** Suggest seeking help from a therapist, counselor, or mental health professional.

3. **Learn about Anxiety:** Educate yourself about anxiety to better understand what your loved one is going through.
4. **Be Patient:** Understand that recovery takes time and may involve setbacks.
5. **Practice Relaxation Techniques Together:** Encourage relaxation techniques such as deep breathing, mindfulness, or meditation.
6. **Provide Reassurance:** Offer reassurance and positive reinforcement during challenging times.

Resources for Support and Information

1. **Anxiety and Depression Association of America (ADAA):** Provides information, resources, and support for individuals and families dealing with anxiety disorders. <https://adaa.org/>
2. **National Alliance on Mental Illness (NAMI):** Offers education, support groups, and advocacy for individuals and families affected by mental health conditions. <https://www.nami.org/Home>
3. **Crisis Text Line:** Text 988 to connect with a trained crisis representative 24/7 for support and resources.
4. **Therapy and Counseling Services:** Seek professional help from therapists, counselors, or psychologists specializing in anxiety disorders.

Remember, it's okay to ask for help. You are not alone, and support is available. With the right support and resources, managing anxiety is possible.

Together, we can overcome anxiety. You are seen, you are heard, and you are valued.