

Living with Anxiety

Feeling worried or nervous is a normal part of daily life. And almost everyone has felt anxious from time to time.

But if your doctor has said you have an anxiety disorder, know that it's more than these short-term feelings.

With an anxiety disorder, the feelings last and interfere with your life. It's a medical diagnosis that many people have had at some point in their lives.

It means you may have physical symptoms such as shaking and emotional symptoms including fear and uneasiness.

And these feelings have been interfering with your daily activities for at least 6 months.

Anxiety can cause physical symptoms such as trembling, shaking, muscle aches, insomnia, rapid heartbeat, sweating, and clammy hands.

You may also feel restless, grouchy or on edge. Maybe you're worrying a lot. You may not be able to concentrate. Or even having that feeling of your mind going blank.

Anxiety disorders are likely caused by a combination of things. For example, it may be because of brain chemistry or it can run in families. But it can also be because of something stressful or traumatic that happened in your past or is happening to you currently.

There are many things you can do to live and feel better with an anxiety disorder. These may include medicines and making healthy lifestyle changes.

Your care team is ready to listen and to talk about your options to show you other ways to help you cope with anxiety.

Consider asking about your treatment options like medicines, counseling, or support groups. Your care team is here to support and guide you on your way to feeling better.