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Anxiety: What is it and how to deal with it

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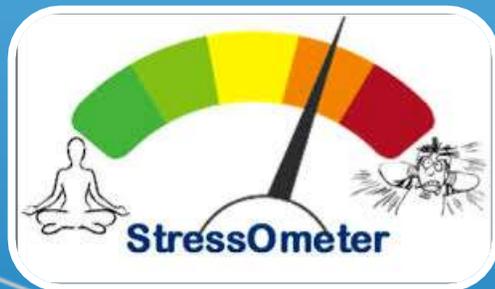
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Difference Between Stress and Anxiety

A healthy level of stress is good and can motivate you to accomplish tasks.

However, a high level of stress can cause anxiety. Rather than motivating, anxiety can be overwhelming, making it hard to finish even simple tasks.



For example, stress can cause you to sometimes worry about an event coming up. But, anxiety causes constant worry, which can affect your social life, school life, and work life.



Overcoming Anxiety

“Becoming educated about mental illness taught me about my life and living better.”

Michael E. Reagan, Jr

“I’m grateful for the experience of my panic, because it taught me that there is no one-size-fits-all answer to panic and anxiety.”

Rita Zoey Chin

Stories of how Michael, Rita, and others have overcome anxiety can be found at:

adaa.org/living-with-anxiety

References

Anxiety and Depression Association of America. (2014). *Got anxiety? Get help*. Silver Spring, MD.



Anxiety

What is It and How to Deal with It



THE UNIVERSITY OF
SOUTHERN MISSISSIPPI

COLLEGE OF NURSING

Patient education brochure developed
by Kaitlyn Byrd
Reading Level: 5.5

Who Does Anxiety Affect?



About 10% of people will, at some point in their lives, suffer from an anxiety disorder. Anxiety can affect anyone, at any time (ADAA, 2014).

- More than 40 million Americans are diagnosed with anxiety every year (ADAA, 2014).
- The most common age to be diagnosed with anxiety is in the teens or twenties. However, anxiety can affect any age group.

How to Reduce Stress and Anxiety

Connection Between Stress and Anxiety

While stress and anxiety are different, high levels of stress over a long period of time can lead to anxiety. Therefore, even if you do not have anxiety, tips from this brochure can reduce your level of stress and reduce your chance of becoming anxious.

It is important to remember that it takes time to recover. The same treatments will not work for everyone. It takes time to figure out what will work best for you. Start with the suggestions on the left side. If you are still experiencing anxiety, it might be time to talk to a doctor about other treatment methods.

Take care of your body

- Get 7-8 hours of sleep every night

