



## What can you do about it?

Anxiety is treatable at any level.

### Self -Treatment:

1. By facing the causes of your anxiety rather than avoiding them you can help yourself to adjust.
2. Learn to manage the source of your anxiety rather than avoiding it.
3. Challenge your thoughts: how dangerous is the situation in reality?
4. Put yourself in situations you normally avoid until you are no longer anxious about them.
5. Try relaxation exercises to help you to get through strong feelings of anxiety.

**Counselling:** Talk to a health care professional if anxiety is interfering with your life.

**Medicines:** Some prescription medications can help when combined with counselling.

For more info: [camh.net](http://camh.net)

## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [carletonwellness@gmail.com](mailto:carletonwellness@gmail.com).



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

# Anxiety



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## What is an Anxiety Disorder?

Everybody feels anxious once in awhile. Anxiety can help with making decisions and increase motivation but if it gets in the way of your daily routines you could have an anxiety disorder.

A person with an anxiety disorder is someone who has troubling symptoms like panic, fear, thinking the same thing repeatedly, recurring nightmares, and physical symptoms. Quality of life decreases if your anxiety prevents you from being with others or even leaving your home.

## What causes Anxiety Disorders?

More than 1 out of 10 adults have anxiety problems at some point in their lives.

Some people are at higher risk of having problems with anxiety for two reasons:

1. **Genetics.** Research suggests people with a family history of anxiety disorders have a higher chance of developing symptoms.
2. **Life Experience.** Anxieties such as phobias and PTSD, can be the result of a specific trauma that occurred earlier in a person's life..

## Different Forms of Anxiety

There are different forms of anxiety, each one with different symptoms

**Phobias:** a fear of things such as heights or animals; a fear of situations such as speaking in public or writing a test; a fear of public places.

**Post-traumatic stress disorder (PTSD):** usually occurs after a traumatic experience. Anxiety lasts more than a month afterwards and interferes with relationships.

**Generalized Anxiety:** a person feels very stressed all day, worrying throughout the day for most days for over 6 months.

**Obsessions:** a person who has the same distressing thought going through their mind on a constant basis. Some obsessions may cause certain behaviours to occur regularly such as always checking to see if the door is locked.

**Panic Attacks:** a sudden fear of being in danger for no apparent reason.

## Signs & Symptoms of an Anxiety Disorder

### Emotional Symptoms:

- Feelings of apprehension
- Trouble concentrating
- Feeling tense and/or jumpy
- Anticipating the worst
- Irritability
- Restlessness
- Expecting danger
- Feeling as though your mind has gone blank

### Physical Symptoms:

- Pounding heart
- Sweating
- Stomach upset or dizziness
- Frequent urination or diarrhea
- Shortness of breath
- Tremors and twitching
- Muscle tension
- Headaches
- Fatigue
- Insomnia