

# ANXIETY

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## WHO

Anxiety does not discriminate. It can choose anyone at any time, and the onset can feel very sudden. Some people are predisposed or have higher risk:

- Exposure to stressful events or trauma
- Underlying medical conditions
- Being genetically predisposed
- Being female

## WHY

Anxiety can be caused by environment and/or genetics. Some people are at higher risk of developing anxiety-related disorders. However, there is always hope and help.

Recognizing symptoms and being aware are the first steps to getting help. If you or someone you know might be struggling, the battle does not need to be fought alone. Anxiety lies and tells you that you can't get better and you won't ever be good enough. It distorts the way you view yourself and the world around you. The most important thing to remember is that you are not alone; in fact, 75% of people will experience an episode of anxiety by age 22. Anxiety affects 40 million U.S. adults.\*

\*National Institute of Mental Health, [www.adaa.org-stats](http://www.adaa.org-stats)

## WHAT

Anxiety can present itself in a number of ways. Two common forms of anxiety are Generalized Anxiety Disorder, which tends to present with excessive worry about a number of activities or life circumstances, and Panic Disorder, where someone experiences recurrent and unexpected panic attacks. Anxiety symptoms include, but are not limited to:

- Restlessness
- Fatigue
- Difficulty concentrating
- Sleep difficulties
- Difficulty controlling worry
- Sudden and repeated attacks of intense fear
- Palpitations, sweating, racing heart, dizziness
- Feeling out of control
- Fear or anxiety about a specific object or situation
- Avoidance of places or things

## WHERE & WHEN

Anxiety can be sudden and begin to impair one's daily functioning. If not taken care of, symptoms can continue to increase and cause distress in interpersonal relationships, at work, at school, and with family. Anxiety is not convenient! Panic can happen when you least expect it. Knowing your "warning signs" or triggers is crucial.

Some ways to treat anxiety:

- Psychotherapy or counseling
  - 1) Help identify triggers
  - 2) Help change current thinking patterns
  - 3) Process trauma or stress
  - 4) Normalize
- Medication (can only be prescribed by a doctor or psychiatrist) along with counseling can be very effective in relieving symptoms.
- Other methods include stress management and self-help or support groups



Counseling Center

951.689.1120

[calbaptist.edu/counseling](http://calbaptist.edu/counseling)

We're here to help—you aren't alone. Find relief for your symptoms; find understanding; find hope, healing, truth and grace.