

RECOGNIZING ANXIETY

.....

Being nervous, uneasy, or worried can be summed up as feeling anxious. Everyone feels anxious from time to time, and often for good reason — you may have a big test coming up, be changing schools, have concerns about relationships with friends, feel self-conscious in certain situations, or have a very realistic fear of something. In most cases, anxious feelings pass relatively quickly.

Having anxious feelings is different than having an anxiety condition. When you have an anxiety condition, anxious feelings are extreme, can happen without warning or reason, have physical symptoms, and last for extended amounts of time.

Types of anxiety

Generalized anxiety

- Feelings of constant, exaggerated worry and tension
- Always expecting the worst
- Difficulty relaxing or sleeping
- Physical symptoms such as fatigue, trembling, muscle tension, headaches, or hot flashes
- Tightness in your chest or knots in your stomach

Phobias

- Being afraid of an object or situation that is actually relatively safe, but the thought of facing it brings on a panic attack or severe anxiety
- Intense fear of being humiliated or embarrassed in front of other people which keeps you from being social
- Having intense anxiety about being in places or situations that might make you feel helpless or trapped, often making it difficult to leave the house

Panic

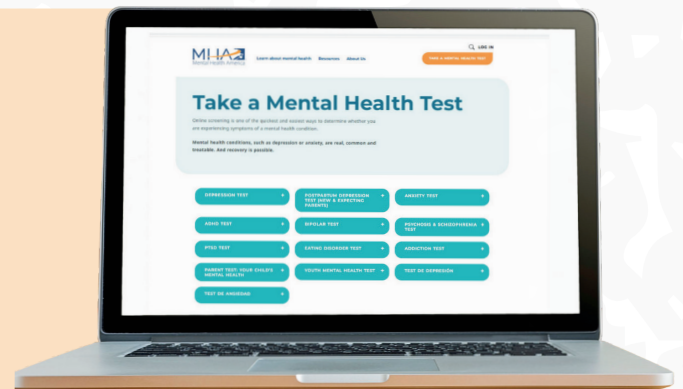
- Unexpected attacks of extreme terror, which often have physical symptoms like shortness of breath or rapid breathing, shaking, choking sensation, sweating, and a fast heart rate
- Feeling like you're losing control of your mind/body or dying
- Intense fear between attacks about when and where the next one will happen

Social anxiety

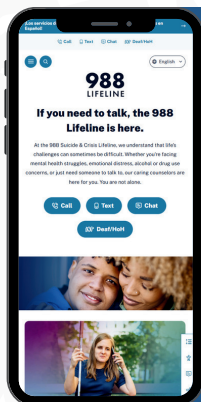
- Extreme fear of social or competitive situations
- Being terrified of humiliation, rejection, or being judged negatively
- Physical symptoms such as rapid heart rate, sweating, and racing thoughts at the idea of interacting with people or being in large groups

MHAScreening.org is an anonymous, free, and private way to learn about your mental health and see if you are showing warning signs of a condition. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with someone you trust about your mental health.

Take a screen



If you just don't feel right or notice that someone else is struggling, it's important to get help. Reach out to a friend or trusted adult and tell them how you feel or that you are worried about someone. If you need help starting a conversation, visit mhanational.org/timetotalk for tips.



In crisis?

Call or text 988, chat at 988lifeline.org, or text HOME to 741741. Trained counselors are available 24/7.

Sources

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: American Psychiatric Publishing.

Learn more at mhanational.org