

# Let's Talk: Understanding anxiety

***Presenter – Jennifer Swayne, Clinical Counselor***

Hi, I'm Jennifer and I'm here today to talk about anxiety. We all get anxious and nervous sometimes. Feeling anxious, worried, nervous are normal reactions to events that we might find stressful. Adults and kids alike get anxious. People can get anxious about work, school, daily life, just things in general. Usually those anxious feelings do go away on their own.

## Know when to get help

But if anxiety persists or it's so overwhelming that it keeps you from leading a normal life, you may need to get help in order to feel better. Let's look at some of the most common anxiety disorders.

## Phobias

Phobias, which are intense fears of things like snakes, spiders, elevators, bridges, it could be anything. The thing is with phobias is that they are specific.

## Panic attacks

Now let's talk about panic attacks. Those are sudden feelings of intense fear. It could be racing heart, nausea, feeling like you're going to pass out, trembling, sweating. These feelings are sometimes produced by dread over a certain event or they can just come out of the blue.

## Post-traumatic stress disorder (PTSD)

Post-traumatic stress disorder, or PTSD, is a set of symptoms, both physical and emotional brought on by experiencing something terrible, like a natural disaster, car accident, a terrorist attack. A lot of times you will hear veterans experiencing PTSD after being in war.

## Obsessive-compulsive disorder (OCD)

Obsessive-compulsive disorder, or OCD, includes rigid repetitive routine as a response to fear. For some people that means washing their hands over and over because they're so worried about germs.

## Social Anxiety

And social anxiety, which is the extreme fear about social situations. It can cause people to suffer before and during social events. For some people that means avoiding socializing altogether.

## Generalized Anxiety Disorder (GAD)

And lastly generalized anxiety disorder, or GAD, is ongoing persistent worry about life in general. So these symptoms can include constant worry and irrational anxiety about money, health, or just daily life in general.

## Getting help

So if you suffer from anxiety, you're not alone. The good news is anxiety can be treated. There's counseling, behavioral therapies, and medications can all be used to help people enjoy life with less stress and anxiety. So if anxiety is getting in your way, reach out for help. You can start with your doctor and they can help guide you. You can also go online to search for more information about anxiety.

Find additional information online at [The National Alliance of Mental Illness website \(nami.org\)](https://www.nami.org)

> Learn more > Mental health conditions > Anxiety disorders

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