



What is anxiety?

A person with anxiety dwells intermittently or sometimes constantly on fears and worries that are often exaggerated or unfounded. They may also experience physical symptoms, such as shortness of breath, heart palpitations, nausea and trembling or dizziness.

Why is it significant?

Anxiety interferes with daily activities and prevents you from enjoying life. Its physical symptoms can also mimic or even give rise to numerous health problems.

What else should I be aware of?

Some medications can provoke or worsen anxiety. If you believe the medication you're taking may be contributing to your anxiety, contact your doctor. Call Crisis Line at 403-266-1605 (available 24/7) or Access Mental Health at 403-943-1500.



Anxiety

MakingHealthHappen.com

What can I do?

- ✓ Identify and challenge catastrophic thoughts. Consider all the evidence that tells you what you fear isn't true.
- ✓ Reach out and ask for help if you feel overwhelmed.
- ✓ Cognitive behavioural therapy will help you to develop internal coping skills to combat anxiety. Your doctor can refer you to a therapist.
- ✓ Learn relaxation techniques, such as meditation and deep breathing. A therapist will be able to teach you many effective strategies to fight

both acute and chronic anxiety.

- ✓ Nurture healthy, supportive relationships. Talk regularly to your family and friends.
- ✓ Exercise is a great stress reliever. Engage in physical activity 30-60 minutes daily.
- ✓ Nourish your body with healthy food choices based on Canada's Food Guide.
- ✓ Keep a personal journal in which you can express your feelings.
- ✓ Contact the Anxiety Disorders Association of Canada at www.anxietycanada.ca or 1-888-

223-2252. The Canadian Mental Health Association (www.cmha.ca) and the Alberta Mental Health Board (www.amhb.ab.ca) are also excellent resources.

- ✓ Learn more about anxiety at www.makinghealthhappen.com.

What can I take?

There are prescription medications to treat anxiety, but these are generally less effective than therapy. They can also be addictive and should only be used under careful supervision. Talk with your doctor to see if medication would be beneficial for you.



Go to MakingHealthHappen.com and enter **anxty** in the search box to learn more about Anxiety.