EVERYONE GETS ANXIOUS

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WHAT IS ANXIETY?

- State of fear or anticipation
- Nervousness
- Worry
- Feeling of unease, typically about something that’s uncertain
- Can be temporary or chronic
- Can be adaptive vs unhealthy or maladaptive
HOW COMMON IS ANXIETY?

• Most prevalent condition in any age category

• According to National Institute of Mental Health (NIMH), an estimated 31% of U.S. adults experience any anxiety disorder at some time in their lives

• Past year prevalence was higher for females than males according to NIMH

• Equally as common in children/adolescents
WHAT ARE SOME RISK FACTORS FOR ANXIETY?

• Younger age
• Family history
• Female sex
• Low socioeconomic status
• Divorced marital status
• Limited social support
• Stressful life events/childhood maltreatment
WHAT ARE THE DIFFERENT TYPES OF ANXIETY?

- Generalized anxiety disorder
- Panic Disorder
- Agoraphobia
- Phobia
- Separation anxiety disorder
- Anxiety related to substance/medication use
- Anxiety related to a general medical condition
**WHAT ARE SOME SIGNS/SYMPTOMS OF ANXIETY?**

<table>
<thead>
<tr>
<th>Irritability</th>
<th>Sense of restlessness/agitation</th>
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<tr>
<td>Excessive worrying</td>
<td>Difficulties in concentration or making decisions</td>
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<td>Sleep disturbance</td>
<td>Muscle tension/headaches</td>
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<td>Fatigue</td>
<td>Panic attacks</td>
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<tr>
<td>Irrational fears</td>
<td>Avoidance</td>
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<tr>
<td>Temper tantrums</td>
<td>Physical symptoms (trembling, sweating, dizziness, nausea, etc)</td>
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WHAT ARE SOME SIGNS/SYMPTOMS OF A PANIC ATTACK?

<table>
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<tr>
<th>Shortness of breath</th>
<th>A feeling of being detached from the world</th>
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<td>Palpitations/duct pain</td>
<td>Sudden overwhelming fear</td>
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<tr>
<td>Feelings of doom</td>
<td>Nausea/dizziness</td>
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<td>Numbness/tingling in hands or fingers</td>
<td>Fear of dying</td>
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<td>Feeling of a loss of control</td>
<td>Sweating/chills</td>
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WHEN IS ANXIETY A GOOD THING?

• “Good” stress can help us stay motivated and excited about things that we need to do

• Anxiety can serve as an incentive and can encourage self-growth

• Anxiety serves as a warning to us that something is wrong

• Worrying can sometimes help you avoid future problems
WHEN IS ANXIETY A BAD THING?

• Feeling overwhelmed all the time
• Excessive/difficulty controlling anxiety to the point where it starts to impact:
  - School
  - Work
  - Physical/emotional health
  - Interpersonal relationships
  - Attempts to self-medicate with substances
WHAT CAN BE DONE FOR ANXIETY?

• Mindfulness/meditation/yoga
• Cutting down on substances (Caffeine, alcohol, etc)
• Getting enough sleep
• Exercise
• Taking time for yourself
• Engaging in pleasurable activities
SEEKING PROFESSIONAL HELP

• Therapy

• Medications

• Crisis intervention/Hospitalization
CRISIS INTERVENTIONS

• Mobile Crisis (Cuyahoga County 24-hour crisis hotline): 216-623-6888

• National Suicide Prevention Lifeline: 1-800-273-8255