

# **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?

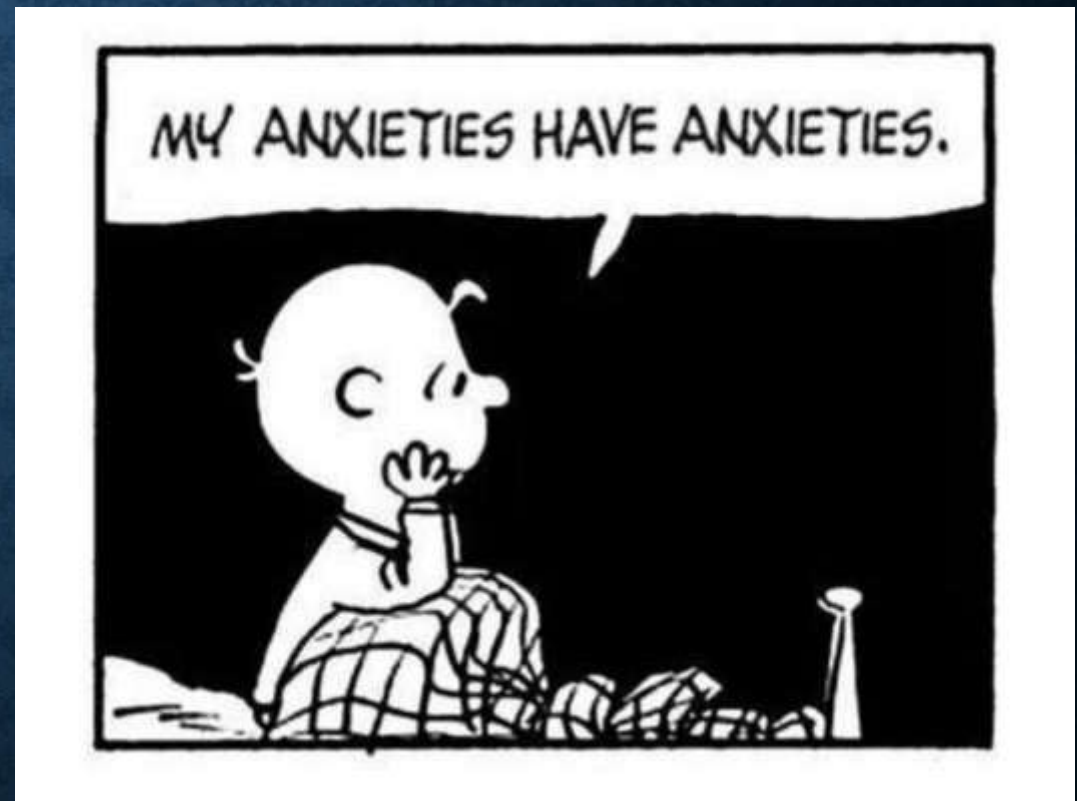
- Most prevalent condition in any age category
- According to National Institute of Mental Health (NIMH), an estimated 31% of U.S. adults experience any anxiety disorder at some time in their lives
- Past year prevalence was higher for females than males according to NIMH
- Equally as common in children/adolescents

# 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?

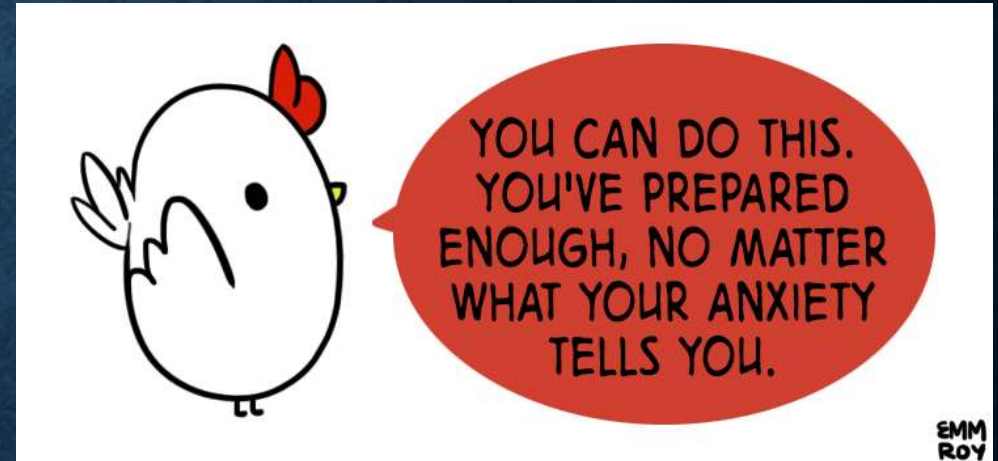
Irritability	Sense of restlessness/agitation
Excessive worrying	Difficulties in concentration or making decisions
Sleep disturbance	Muscle tension/headaches
Fatigue	Panic attacks
Irrational fears	Avoidance
Temper tantrums	Physical symptoms (trembling, sweating, dizziness, nausea, etc)

# WHAT ARE SOME SIGNS/SYMPTOMS OF A PANIC ATTACK?

Shortness of breath	A feeling of being detached from the world
Palpitations/chest pain	Sudden overwhelming fear
Feelings of doom	Nausea/dizziness
Numbness/tingling in hands or fingers	Fear of dying
Feeling of a loss of control	Sweating/chills

# 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



I CAN'T  
KEEP CALM  
BECAUSE  
I HAVE  
ANXIETY

# 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