

# Anxiety – What is it?

Individuals with anxiety worry a lot. It follows you everywhere and every day. It interrupts sleep and affects your normal activities. The worry may last for 6 months or more.

Stress may make the worry worse. The illness may be caused by out-of-balance brain chemicals. Most people get better with medicine or other treatment.

## Who gets anxiety?

Anyone can get it. It may run in families.

## How does anxiety feel?

- People with anxiety often have:
- Crabby moods or feel on edge
- Tense muscles
- Headaches or other aches and pains
- Hot flashes or sweat a lot
- Upset stomach or diarrhea
- A hard time sleeping or are tired

## What can I do for anxiety?

Take the first step. Go to see your doctor and get help.

Anxiety does not just go away. Take the first step to helping yourself feel better.

For More Information:

<https://www.psychiatry.org/patients-families/anxiety-disorders>