

Coping with Anxiety

What is anxiety?

Anxiety is a natural response to life and its many stressors. It affects how we think, feel, react and can cause actual physical symptoms. While everyone feels anxious from time to time, some people are more affected by it than others, often dealing with debilitating symptoms on a day to day basis.

What are some things that can cause anxiety?

- School
- Work
- Crowded place
- Change
- Stress
- Lack of sleep

The cause of anxiety is going to be different for everyone, just as dealing with the anxiety is going to be different for everyone.

How Do I know if I'm Anxious?

There are various feelings you can experience if you're feeling anxious. These are some of the more common symptoms:

- Headache
- Dizziness
- Shortness of breath
- Sweating
- Shaking
- Muscle tension
- Trouble Concentrating

Sometime, when you're experiencing severe anxiety, your body's reaction can be scary, but it's important to remember that it's your anxiety causing the reaction, and there are things you can do to help bring yourself to a calmer state.

So What Can I Do to Feel Better?

- Learn and practice stress management skills
- Deep breathing exercises
- Meditate
- Eat healthy
- Get plenty of sleep
- Talk to someone about how you're feeling
- Ask your doctor about medication
- Keep a journal

How Can I Help Someone Who Has Anxiety?

- Learn about anxiety
- Listen to them
- Be reassuring
- Offer a distraction- talk to them, sing to them, or take a walk with them
- Be patient

Even though anxiety is sure to make things more difficult, you don't have to let it run your life. Learning to manage, cope and come to terms with your anxiety can help you live a happy, fulfilling life. Remember: your anxiety does not define you!

Resources for Teens and Young Adults:

<http://www.bandbacktogether.com/teen-anxiety-resources/>

<http://anxietyinteens.org/>

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry

by Lisa M. Schab LCSW

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