



UNDERSTANDING ANXIETY

4% of Canadians are affected by anxiety disorders
(Canadian Mental Health Association)

It's normal to experience anxiety at times.



Anxiety turns into a disorder when symptoms interfere with your day-to-day life.

Examples of Anxiety Disorder

Generalized anxiety disorder Panic disorder
Agoraphobia Social anxiety disorder
Separation anxiety Selective mutism

COMMON EXPERIENCES

- Excessive worrying
- Lack of concentration
- Panic attacks
- Feeling nervous or tense
- Feeling weak or tired
- Difficulty sleeping
- Rapid heartbeat
- Sweating

COPING STRATEGIES

Practice mindfulness activities such as meditation or calm breathing

Stay active eat well, and get enough sleep

Take breaks when you are feeling overwhelmed

Try journaling! Writing can be a great form of expression and release from anxiety

SUPPORTING A LOVED ONE

- Support them in using coping strategies
- Encourage them to seek professional help
- Do not push them into anxious situations
- Celebrate small victories with them
- Make yourself available and be patient

If you have any concerns, please talk to your physician/a medical professional.