



# Understanding anxiety

More than 18% of adults in the U.S. experience an anxiety disorder such as posttraumatic stress disorder, obsessive-compulsive disorder and specific phobias. Anxiety can range from feelings of worry to full-blown panic. Disorders emerge when fears and worries are persistent, disproportionate and hard to control, or when they interfere with daily activities.

## Signs and symptoms of anxiety

- Feelings of tension
- Feelings of dread
- Feeling emotionally numb
- Hypervigilance
- Irritability or restlessness
- Trouble concentrating
- Racing heart, sweating
- Headaches, stomach upset or dizziness
- Fatigue or insomnia
- Frequent urination or diarrhea
- Shortness of breath
- Muscle tension, tremors and twitches

## Assessing anxiety

Is anxiety a problem for you? Use this assessment to find out today. Download and answer this brief questionnaire to see if you may be at risk for anxiety.

Anxiety assessment: [www.adaa.org](http://www.adaa.org) and click on “Understand the Facts” tab

*Note: Only a qualified physician or mental health provider can provide a complete assessment and diagnosis of anxiety. Print and fill out this questionnaire, and then take it to your healthcare provider.*

### IU Health EAP

T: 317.962.8001

800.745.4838 ext. 2 (toll free)



Indiana University Health

Employee Assistance Program

### **Tips: Try these ways to improve a sense of calm**

- Stop, pause and take a few deep breaths.
- Challenge unhelpful thoughts.
- Accept faults, limitations and unmet expectations.
- Change your environment to add calm. Use music, scent or a visual prompt of serenity.
- Evaluate basic needs. Healthy foods, rest and hydration help sustain calm.
- Don't worry alone. Speak up to a trusted source of calm in your life.

### **Next steps**

- Recognize if there is a problem. If your anxiety is interrupting your day-to-day life, make an appointment with your healthcare provider today. No provider? Visit [iuhealth.org](http://iuhealth.org) today to find a doctor and schedule an appointment.
- During your appointment, discuss your symptoms honestly and work with your provider to develop a treatment plan that works for you.
- If you are able, add exercise to your daily routine. Exercise has been linked to improved mood and reduced anxiety.

### **Resources**

*Indiana University Health EAP*: Free, short-term, confidential counseling. Counseling is offered at convenient locations throughout the state. Call for an appointment at 317.962.8001 or 800.745.4838.

To learn more about building positivity, visit these online resources:

- IU Health Behavioral Health Resources: [iuhealth.org/behavioral-health/](http://iuhealth.org/behavioral-health/)
- Mental Health America: [mentalhealthamerica.net](http://mentalhealthamerica.net)
- National Alliance on Mental Illness: [nami.org](http://nami.org)
- Health Encyclopedia: [iuhealth.org](http://iuhealth.org) and search the library
- myStrength at [mycastlight.com/iuhealth](http://mycastlight.com/iuhealth) (IU Health Plan Members)

*Sources: National Institutes of Health, [nih.gov](http://nih.gov); Centers for Disease Control, [cdc.gov](http://cdc.gov); Anxiety and Depression Association of America, [ADAA.org](http://ADAA.org); [Helpguide.org](http://Helpguide.org)*



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