



SYMPTOMS

- Feelings of panic, fear and uneasiness
- Problems sleeping
- Cold or sweaty hands or feet
- Shortness of breath
- Heart palpitations
- Restlessness
- Dry mouth
- Numbness or tingling in hands or feet
- Nausea
- Muscle tension
- Dizziness

FOR MORE INFORMATION ON TREATMENT,
SYMPTOMS AND HOW TO HELP, VISIT:

<http://www.adaa.org/finding-help/helping-others/spouse-or-partner>

<http://www.adaa.org/understanding-anxiety>

<http://www.webmd.com/anxiety-panic/guide/mental-health-anxiety-disorders?page=3>

TYPES OF ANXIETY DISORDERS

- **Panic Disorder:** Feelings of terror that strike suddenly and repeatedly.
- **Social Anxiety Disorder:** Overwhelming worry and self-consciousness about every day social situations.
- **Specific Phobias:** Intense fears of specific object or situation (flying or heights, etc.)
- **Generalized Anxiety Disorder:** Excessive, unrealistic worry and tension.

SUPPORTING THOSE WITH ANXIETY

- Learn about the anxiety disorder
- Encourage treatment
- Show positive reinforcement of healthy behavior, rather than criticizing irrational fears
- Measure progress on basis of individual improvement, not some absolute standard
- Help set specific goals, one step at a time
- Ask the person how you can help
- Acknowledge that you don't understand the experiences of anxiety
- Understand that this will be a challenge, be patient