

Anxiety

About Anxiety

Anxiety is a natural part of the human experience. It serves an important role in being alert and can be helpful in many ways. Anxiety becomes an issue when it interferes with your ability to function regularly. Although very unpleasant, panic attacks are common and closely related to anxiety. If you experience anxiety or panic attacks, talk to a professional as there are several ways to treat anxiety effectively.

Anxiety Facts



Anxiety Can Cause Physical Symptoms

Although some symptoms of anxiety are mental, many symptoms are physical. Nausea, hot flashes, numbness in your hands and feet, and dizziness are all common physical anxiety symptoms.



Exercise Can Help an Individual Manage Their Anxiety

Research shows that exercising can serve as an effective tool in managing anxiety. An intense workout is not required to enjoy the mood boosting effects of exercise. Low intensity exercises are as effective at decreasing stress hormones so find something that is enjoyable for you!



Women are Twice as Likely as Men to Develop Anxiety

Women experience anxiety disorders at a much higher rate than men. This is due to hormonal fluctuations, brain chemistry differences and societal factors.



Prevalence

31%

of the U.S. population will experience an anxiety disorder. Making anxiety the most common mental illness in the U.S.



Approximately 284 million individuals experience anxiety in a given year.