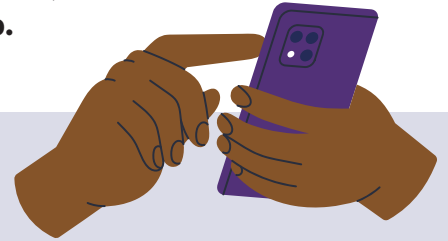


STRESS & ANXIETY

Anxiety is our body's way of preparing us for danger. Our brain reacts to threats, real or imagined, by sending a stress response throughout our body. Some stress responses are short-lived and have a small impact.

Other times they are severe and emotionally painful. It's common to experience anxiety from time to time. However, **when anxiety impacts our daily life, it's time to reach out for help.**



Common signs and symptoms of anxiety include:

Emotional symptoms:

- Feelings of worry or dread
- Feeling on edge or jumpy
- Restlessness or irritability
- Expecting the worst and looking out for signs of danger

Physical symptoms:

- Pounding or racing heart
- Shortness of breath
- Sweating
- Tremors and twitches
- Headaches
- Fatigue
- Insomnia
- Upset stomach



Things that help:

Support from peers and loved ones

Exercise

Coping strategies

- Slow, deep breaths
- Squeezing and relaxing your muscles one by one
- Shifting your focus by changing up what you're doing

Reach Out:

If you're having trouble coping with stress and anxiety, therapy and other mental health treatment can help.

988 is here 24/7 if you or someone you know needs emotional support. Call or text 988 or chat at 988lifeline.org/chat for free and confidential support.



Office of
Mental Health