



Help!

Fact Sheet



# Anxiety and Stress

## What is it Anxiety and Stress?

Anxiety is a normal part of life, but for some people it can be a persistent problem that interferes with daily functioning. Generalized anxiety causes feelings of worry about major or minor concerns. Stress is the emotional and physical way we respond to pressure. It is almost impossible to live without some stress, but if it gets out of control, it can harm your health, your relationships, and your enjoyment of life.

## Causes and Long Term Effects

Pinpointing the exact cause of anxiety disorders can be rather difficult. Medical professionals feel that anxiety disorders may involve an imbalance of certain chemicals in the brain. Stress on the other hand can be caused by unpleasant life events such as a death of a loved one, divorce, job loss, or most commonly, job-related stress. Positive life changes can also cause stress, such as a new baby, a wedding, or buying a new house.

Having an increased level of stress can cause a rise in anxiety. Prolonging treatment for stress and anxiety can negatively impact your health. The long-term effects of stress and anxiety go hand in hand. If stress and anxiety are left untreated, they can cause high blood pressure, which can increase the possibility of developing heart disease. Stress has also been found to play a role in raising the chances of contracting a common cold because of a weakened immune system. It is important to recognize the factors that increase stress in your life and then develop positive coping methods to help in managing that stress.

## Symptoms of Stress:

- Agitated behavior
- Muscle tension
- Non-Cardiac chest pain
- Forgetfulness
- Difficulty concentrating
- Racing thoughts
- Sense of loneliness
- Poor work relations
- Avoiding others

## Symptoms of Anxiety:

- Feeling apprehensive
- Feeling powerless
- Having a sense of panic
- Increased heart rate
- Weakness or general fatigue
- Rapid breathing

## Coping Techniques:

- Deep breathing or relaxation
- Regular exercise
- Consult a therapist or psychologist
- Get enough sleep
- Stay organized
- Set aside time every day for yourself