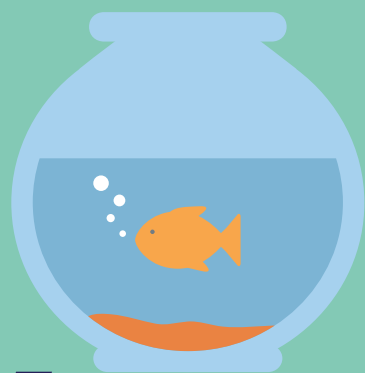


COPING WITH ANXIETY



Sources: Mayo Clinic and Anxiety and Depression Association of America

Anxiety can look different for everyone that suffers from it. Some can feel like a fish trapped in a bowl; others may feel like a fish out of water entirely.

The most common symptoms that are typically present in those with anxiety are: feelings of nervousness or impending doom, increased heart rate, hyperventilation, feeling weak or tired, difficulty controlling worry, trouble sleeping, and even having difficulty concentrating.

Similarly to how anxiety looks different in everyone, treatment and symptom management can also differ vastly from person to person.

Common treatment and management tactics involve: learning what triggers your anxiety, setting aside time for self-care, deep breathing exercises, limiting caffeine intake, being kind to yourself, and seeking help if you find symptoms becoming unmanageable.
