

Facts on Anxiety

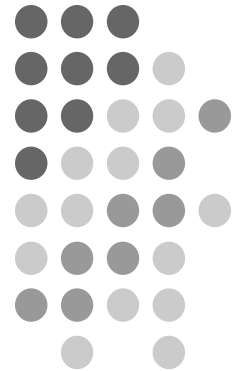
Anxiety is a subjective state of apprehension and uneasiness.

Symptoms of Anxiety Disorders

- Chest pain. Shortness of breath. Rapid heart rate. Dizziness.
- Unrealistic or excessive worrying.
- Poor concentration.
- Abdominal pain. Diarrhea. Nausea.
- Muscle tension. Trembling. Muscle aches.
- Irritability. Feeling on edge.
- Fear of losing control. Fear of dying. Phobias.
- Easily fatigued. Restless. Sleep disturbance.
- May self-medicate with alcohol or another drug.
- Excessive need for approval.
- Tendency to ignore physical and psychological signs of stress.

Treatment of Anxiety Disorders

- Various medications available by prescription; some are addicting.
- Education on anxiety disorders.
- Supportive and behavioral talk therapies.
- Exercise regimen approved by physician.
- Desensitization by imagery.
- Relaxation techniques.



Anxiety and the Older Adult

Five out of every 100 adults age 65 and over have an anxiety disorder.
Tendency is to report physical symptoms rather than emotional ones.
More likely to experience depression along with anxiety.
Anxiety should be treated if it interferes with daily functioning.

For More Information Contact:

Lynn Tadda, LCSW
Franklin-Williamson Human Services, Inc.
618.937.6483 ext. 7504

Linda Warner, EdM, QMHP
Heartland Human Services
217.347.7179 ext. 1046

Juanita Suro, MA, LCPC
Southeastern Illinois Counseling Centers, Inc.
618.395.4309 ext. 230