

change your narrative



<https://youtu.be/-tC1EQq-Low>

What Is Anxiety?

Anxiety is a natural, physical response to fear or stress. While everyone faces anxiety at various points in their life, and is quite normal, if prolonged symptoms such as rapid or racing heart, difficulty breathing, persistent, unsubstantiated worrying, or panic attacks—it may be time to consider consulting the advice of a professional to determine if you can receive help for an anxiety disorder.

The Mayo Clinic names common anxiety signs and symptoms as:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety¹

For more support, tools, and resources to help you or someone you care about shift the story of abuse, visit:

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The US Department Of Health And Human Services states the five most common forms of anxiety disorders are:

- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Social Phobia (or Social Anxiety Disorder)²

Though it may be scary to think about anxiety and how it could affect our everyday lives, looking into the causes, treatment options, and ways to manage anxiety can offer a sense of control many are looking for. Fear is a powerful thing. And while it is healthy as a short-term warning light—it serves as a terrible master.

We welcome you to come with us on a journey as we look at what it means to shift an incomplete story of anxiety towards truth.

1. Anxiety disorders. (2018, May 4). Retrieved February 29, 2020, from <https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>

2. Digital Communications Division. (2015, August 21). What are the five major types of anxiety disorders? Retrieved February 29, 2020, from <https://www.hhs.gov/answers/mental-health-and-substance-abuse/what-are-the-five-major-types-of-anxiety-disorders/index.html>

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