Anxiety Fact Sheet

What Is Anxiety?

Anxiety is a normal human response to stress. However, when feelings of worry, fear, or nervousness become overwhelming, persistent, or interfere with daily life, it may be an **anxiety disorder** — one of the most common mental health conditions.

Common Symptoms

- Constant worry or fear, even without a clear reason
- Rapid heartbeat or chest tightness
- Trouble concentrating or feeling "on edge"
- Sweating, shaking, or shortness of breath
- Racing thoughts or obsessive thinking
- Trouble falling or staying asleep
- Feeling dizzy or lightheaded
- Avoidance of situations that trigger fear

Types of Anxiety Disorders

- **Generalized Anxiety Disorder (GAD)** – Excessive worry about everyday issues
- **Panic Disorder** – Sudden, intense fear attacks (panic attacks)
- **Social Anxiety Disorder** – Fear of social or performance situations
- **Phobias** – Intense fear of specific things (e.g., flying, spiders, heights)
- **Separation Anxiety** – Excessive fear of being away from loved ones (common in youth)

Causes and Risk Factors

- Genetics or family history
- Brain chemistry or neurological factors
- Trauma or stressful life events
- Personality traits (e.g., perfectionism)
- Medical conditions or substance use

How to Cope

- ✔ **Talk it Out** – Share how you feel with someone you trust
- ✔ **Breathing Exercises** – Deep, slow breaths help calm the nervous system
- ✔ **Stay Active** – Regular movement helps manage symptoms
- ✔ **Limit Caffeine** – Stimulants can worsen anxiety
- ✔ **Practice Mindfulness** – Meditation and grounding techniques are helpful
- ✔ **Therapy** – Cognitive Behavioral Therapy (CBT) is highly effective
- ✔ **Medication** – May be prescribed for moderate to severe cases

You're Not Alone

Anxiety is **treatable**. Seeking help early can greatly improve quality of life. You do not have to face it alone.

FOR MENTAL HEALTH HELP OR SUPPORT, CONTACT:

MWI (24-HOUR LINE): 239-1111 | RED CROSS: 236-8253

GOVERNMENT OF BERMUDA
Ministry of Health