

# ANXIETY

## 7 MYTHS vs FACTS

Anxiety that happens occasionally is normal. You might feel anxious when faced with a problem at work or when making important decisions.

Anxiety disorders act differently. They cause distress that interferes with a person's normal activities. A serious mental illness, clinical anxiety results in constant, overwhelming worry and fear.

### Myths

VS

### Facts

Anxiety isn't a real "illness."

It's all in your head!



An anxiety disorder is a serious mental illness.

Everyone gets stressed out; it's normal.



Everyone has fear, worry and stress sometimes; but daily anxiety that interrupts your life is not normal.

Too much anxiety will give you a heart attack.



A panic attack can mimic a heart attack, but it can't kill you.

People with anxiety just need tranquilizers and sleeping pills.



These may work in the short-term, but they do not help you manage and reduce your anxiety over time.

If you have anxiety, you should avoid stressful situations.



Avoidance makes things worse; a therapist can help you gradually cope with your anxiety.

Talking to a therapist is a waste of time and money.



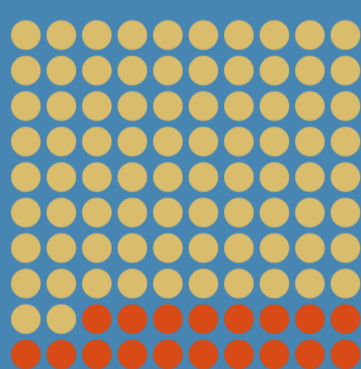
Research shows that therapy works; and you only need a few sessions to get the tools you need to improve.

Drinking alcohol or smoking marijuana provides the same relief as medication or therapy.



Self-medication does not treat anxiety effectively and can even make symptoms worse.

### Anxiety by the Numbers



About 40 million adults between ages 18-54, or 18 percent, in the U.S., have an anxiety disorder



Anxiety disorders affect one in eight children

# 60%

Percentage that woman are more likely to have an anxiety disorder than men

### A Panic Attack Can Feel Like a Heart Attack

You might feel:

Shortness of breath  
Chest pain  
Nausea

Heart pounding/  
racing  
Sweating  
Shaking

Tight stomach  
Dizziness/faintness  
Chills or heat  
Numbness

Not sure? Call 911

Treatments exist; you can find help. Find out how at

[uvahealth.com/anxiety](http://uvahealth.com/anxiety)