



# Anxiety

## Symptoms

- Constant feeling of dread, racing thoughts or being 'on edge'.
- Heart palpitations, sweating, shaking or shortness of breath.
- Avoiding situations or places to escape the worry.

## Age & Gender

- Can develop at any age, though frequently starts in adolescence.
- Females are roughly twice as likely to be diagnosed as males.

## Misconceptions

- It's a medical condition, not drama or attention-seeking.
- People can't just 'snap out of it' or stop worrying.
- Panic attacks feel life-threatening, they aren't an overreaction.

## Diagnosis

- GP or psychiatrist assessment using questionnaires.
- Diagnosed when uncontrollable worry persists for 6 months and impacts daily life.

## Treatment

- CBT helps change negative thought patterns.
- Medication can manage physical symptoms.
- Mindfulness and exercise support self-care.

## Support

- Listen without judging or saying 'just calm down'.
- Ask what helps them during a panic attack before one happens.
- Understand that plans may change last minute if they feel overwhelmed.