

# Anxiety

Anxiety is an emotion that leads to unpleasant feelings and/or thoughts of dread over certain events. Occasional anxiety is an appropriate reaction to stressful events in your life. These occasional episodes of anxiety can be managed with self-care and do not require a visit to a health care provider or mental health professional.

## SYMPTOMS:

- x Feelings of fear and uneasiness
- x Muscle tension
- x Restlessness
- x Fatigue
- x Problems concentrating
- x Chest pain or tightness
- x Feeling that you are having difficulty breathing
- x Abdominal pain
- x Dizziness
- x Headache

## SELF-CARE MEASURES

- x Talk with your primary care provider
- x Use a guided imagery app