



ANXIETY DISORDERS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

1. What are the different types of Anxiety Disorders?

- Panic
- Obsessive Compulsive
- Post-Traumatic Stress
- Social Anxiety

2. How can you control anxiety?

- Diet
- Exercise
- Avoid Caffeine

3. What are some of the symptoms of Anxiety Disorder?

- Feelings of panic, fear, and uneasiness
- Uncontrollable, obsessive thoughts
- Repeated thoughts or flashbacks of traumatic experiences
- Nightmares
- Ritualistic behaviors, such as repeated hand washing
- Problems sleeping
- Cold or sweaty hands and/or feet
- Shortness of breath
- Dry mouth
- Nausea
- Muscle tension
- Dizziness