Dealing with
Anxiety

Do you feel anxious or worried when you face a problem in your life?

Feeling temporary anxiety is an expected part of life. But, for the person with an anxiety disorder, the fear and worry does not go away.

Anxiety disorders include generalized anxiety disorder, panic disorder, specific phobias to things or situations (e.g., to heights or flying) and social anxiety disorder.

Treatment generally includes psychotherapy, medicine, or both. Cognitive Behavior Therapy teaches people different ways of thinking, behaving and reacting to situations that trigger extreme anxiety.

Joining a support group can also help. Stress management tools, such as exercise and meditation, are often beneficial, too.