

Anxiety



Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, school work, and relationships.

Signs & Symptoms

People with generalized anxiety disorder (GAD) display excessive anxiety or worry, most days for at least 6 months, about a number of things such as personal health, work, social interactions, and everyday routine life circumstances. The fear and anxiety can cause significant problems in areas of their life, such as social interactions, school, and work.

Generalized anxiety disorder symptoms include:

- Feeling restless, wound-up, or on-edge
- Being easily fatigued
- Having difficulty concentrating; mind going blank
- Being irritable
- Having muscle tension
- Difficulty controlling feelings of worry
- Having sleep problems, such as difficulty falling or staying asleep, restlessness, or unsatisfying sleep

Risk Factors

- Temperamental traits of shyness or behavioral inhibition in childhood
- Exposure to stressful and negative life or environmental events in early childhood or adulthood
- A history of anxiety or other mental illnesses in biological relatives
- Some physical health conditions, such as thyroid problems or heart arrhythmias, or caffeine or other substances/medications, can produce or aggravate anxiety symptoms

Protective Factors

- High self-esteem
- Emotional self-regulation
- Good coping skills and problem-solving skills
- Supportive relationships with family members
- Clear expectations for behavior and values
- Opportunities for engagement within school, work and community
- Positive norms
- Physical and psychological safety



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Where to Find Help

Anxiety disorders are generally treated with psychotherapy, medication, or both. Some people with anxiety disorders might benefit from joining a self-help or support group and sharing their problems and achievements with others. Stress management techniques and meditation can help people with anxiety disorders calm themselves and may enhance the effects of therapy.

Local Resources

Western CT Mental Health Network - Danbury Area

(203)448-3200

portal.ct.gov/DMHAS/WCMHN/Agency-Files/WCMHN-Danbury

Connecticut Counseling Centers, Inc.

(203) 743-7574

ctcounseling.org

Community Health Center

(203) 797-8330

chc1.com/locations/danbury/

Danbury Hospital - Community Center for Behavioral Health

Phone (203) 791-5187

danburyhospital.org/departments/behavioral-and-mental-health-at-danbury-hospital

United Way of CT - Call 2-1-1

Connecticut Suicide Advisory Board - preventsuicidect.org

NAMI Connecticut - namict.org

National Resources

National Suicide Prevention Lifeline at 1-800-273-TALK

Crisis Text Line - Text CT to 741-741

SAMHSA's National Helpline - 1-800-662-4357

