Anxiety is characterized by...

- Excessive worry, catastrophizing
- Pounding heart, tightness in chest
- Sweating or chills
- Trembling or shaking
- Nausea or abdominal distress
- Fear of losing control, “going crazy,” or dying
- Sleep disturbance, irritability, poor concentration
- Panic attacks

You may have an anxiety disorder if you have intense and reoccurring bouts of anxiety that cause you significant distress and interfere with your ability to do daily tasks.

“\textit{I get anxious about every little thing...} \\
\textit{My anxiety wears me out}”

Valeo therapists use Cognitive Behavioral Therapy (CBT), mindfulness-based practices, and other types of research informed interventions that are especially effective for the treatment of anxiety disorders.

Suggestions to Manage Anxiety...

- Try to tolerate situations that cause anxiety instead of avoiding them
- Take deliberate worry ‘breaks’
- Use positive self-talk
- Make a list of things that help you relax and then do something on list once a day
- Get help to find solutions to real life problems

Helpful Links:

- http://www.apa.org/topics/anxiety
- https://psychologytools.com/anxiety.html
- https://psychologytools.com/anxiety.html