

ANXIETY – Symptoms and Treatment Options

Symptoms of anxiety can include:

- Excessive worry
- Restlessness
- Irritability
- Muscle tension
- Difficulty concentrating
- Physical symptoms like rapid heartbeat and sweating may also occur

Treatment options for anxiety include:

- Psychotherapy (such as cognitive behavioral therapy-CBT)
- Medication (anti-anxiety medications or antidepressants)
- Lifestyle changes (exercise, relaxation techniques)
- Self-help strategies (mindfulness and breathing techniques)

The choice of treatment depends on the severity of symptoms and individual preferences. Consulting a healthcare professional is important for proper assessment and guidance.

For more information regarding anxiety disorders, consult the following website sponsored by the National Institute on Mental Health (NIMH):

<https://www.nimh.nih.gov/health/topics/anxiety-disorders>