

# Anxiety

## What is Anxiety?

Anxiety is defined as a feeling of worry, nervousness or unease. Usually, it is associated with uncertainty or fear that something bad or unfavorable will happen. It is natural to feel nervous when trying something new, starting a new job, on the first day of school, or flying in an airplane. At some time or another, we all worry about the future. While feelings of fear, stress, and anxiety are normal and healthy responses, they can sometimes be intense or last for long periods of time and they can be disruptive to everyday life and impact overall health.

## Did You Know?

- Approximately 32% of adolescents in the U.S. have an anxiety disorder. 8.3% of these have experienced severe impairment.
- Anxiety affects 40 million adults age 18 and older in the U.S. (18% of the population)
- Anxiety disorders are highly treatable, yet only 37% of those suffering receive treatment
- Women are twice as likely to be affected as men

The Kaiser Family Foundation reports that there has been an increase in anxiety and depression during the COVID-19 pandemic. In January 2021, data showed that 41% of adults in the U.S. reported symptoms of anxiety or depressive disorder, compared to June 2019, when 11.0% of adults reported symptoms of anxiety or depressive disorder.

## Signs and Symptoms

Symptoms of anxiety include feeling worried, overwhelmed, irritable, annoyed, agitated, restless, and a sense of doom. Other symptoms are being distracted, tired, and having difficulty falling asleep or staying asleep. Physical symptoms associated with anxiety are having headaches, stomach aches, increased heart rate, feeling like your heart is pounding, muscle tension, sweating, shaking, and shortness of breath.



## Treatment

There are medications that are used to treat anxiety and many find counselling and therapy helpful. Often those experiencing severe anxiety access a combination of both medication and therapy. Changes to your daily routines such as adding exercise, meditation or yoga, limiting alcohol and caffeine consumption, and seeking support from friends and family are just a few strategies that have been found to lessen persistent feelings of anxiety.

## ABOUT HOWARD CENTER

Howard Center has a long and rich history as a trusted provider in the community. With a legacy spanning more than 150 years, we have been providing progressive, compassionate, high-quality care and supports to those in need. Today, we offer an array of exemplary mental health, substance use, and developmental services across the lifespan. As Vermont's largest social service organization, our 1,600 staff help more than 16,000 people each year in over 60 locations throughout Vermont in collaboration with hundreds of community partners.

**For a full list of resources, see next page.**

**Access & Intake • 802-488-6000**

hcinfo@howardcenter.org

Mon.–Fri., 8am–6pm

**First Call for Chittenden County**

**802-488-7777**

24/7 Crisis Services

With support from



THE  
University of Vermont  
MEDICAL CENTER



**HOWARD  
CENTER**  
Help is here.



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## Resources and Information

LOCAL	NATIONAL	ARTICLES & PUBLICATIONS
First Call For Chittenden County	National Council for Behavioral Health	Facts about Depression
National Suicide Helpline	Howard Center Programs	Wellness Tips
Vermont Care Partners	National Council for Behavioral Health	Suicide Prevention Guide
Partners for Access	SAMHSA National Helpline	Facts about Depression
Vermont 2-1-1	Refugee Health	Daily Routines and Family Life
NAMI	Mental Health Literacy	Coping with COVID-19
COVID Support VT	Child Mind Institute	Wellness Tips
Pathways Vermont	Refugee Mental Health	Tips for Parents of Teens
VT Helplink	National Institute of Mental Health	Keeping your home safe
Vermont Department of Mental Health	Mental Health America	Suddenly You Are Nobody: Vermont Refugees Tell Their Story
AALV	Depression & Bipolar Support Alliance	Column: Easing Stress
Society for Adolescent Mental Health and Medicine	LGBT National Help Center	
Vermont Suicide Prevention Center	LGBT National Youth Talkline	
Vermont Federation of Families for Children's Mental Health	Crisis Text Line	
Vermont Family Network	HELP Poster	
UMatter Vermont Youth Suicide Prevention		
Pride Center of Vermont		
Invest EAP		

Please visit our website at [www.howardcenter.org](http://www.howardcenter.org) for links to the above resources.