



# Anxiety Disorders



## 1. What are the different types of Anxiety Disorders?

- Panic
- Obsessive Compulsive
- Post-Traumatic Stress
- Social Anxiety

## 2. How can you control anxiety?

- Diet
- Exercise
- Avoid Caffeine

## 3. What are some of the symptoms of Anxiety Disorder?

- Feelings of panic, fear, and uneasiness
- Uncontrollable, obsessive thoughts
- Repeated thoughts or flashbacks of traumatic experiences
- Nightmares
- Ritualistic behaviors, such as repeated hand washing
- Problems sleeping
- Cold or sweaty hands and/or feet
- Shortness of breath
- Dry mouth
- Nausea
- Muscle tension
- Dizziness