

Anxiety



Bring2Life
Creative Counselling



What is Anxiety & Anxiety Disorder?

Anxiety is a natural response to stress, characterized by feelings of nervousness, fear, or worry.

However, when anxiety becomes persistent and overwhelming, it can develop into an anxiety disorder. These disorders significantly impact daily functioning and well-being.

Types of Anxiety Disorders:



1. Generalized Anxiety Disorder (GAD): Persistent and excessive worry about a variety of topics, with difficulty controlling anxiety.

2. Panic Disorder: Sudden, intense episodes of fear or discomfort, often accompanied by physical symptoms like a racing heart, shortness of breath, and dizziness.

3. Social Anxiety Disorder: Intense fear of social situations, leading to avoidance of social interactions due to the fear of being judged or embarrassed.

4. Separation Anxiety Disorder: Excessive fear or distress when separated from loved ones, common in children but also seen in adults.

Risk Factors:

Anxiety disorders can be influenced by various factors, including:

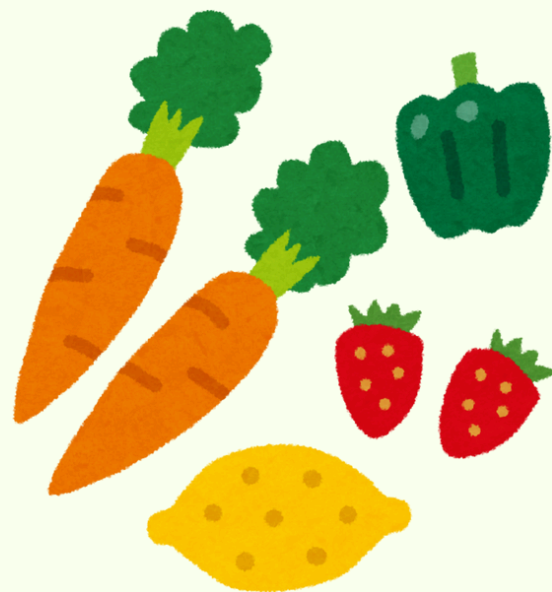
- Genetics: Family history of anxiety or other mental health conditions.
- Environmental Stressors: Trauma, abuse, or significant life changes.
- Personality: Certain personality traits, such as being more prone to stress, may increase the risk.
- Health Conditions: Chronic illnesses or other mental health issues can also contribute.



Importance of Sleep and Nutrition:

Adequate sleep and proper nutrition are vital for mental health:

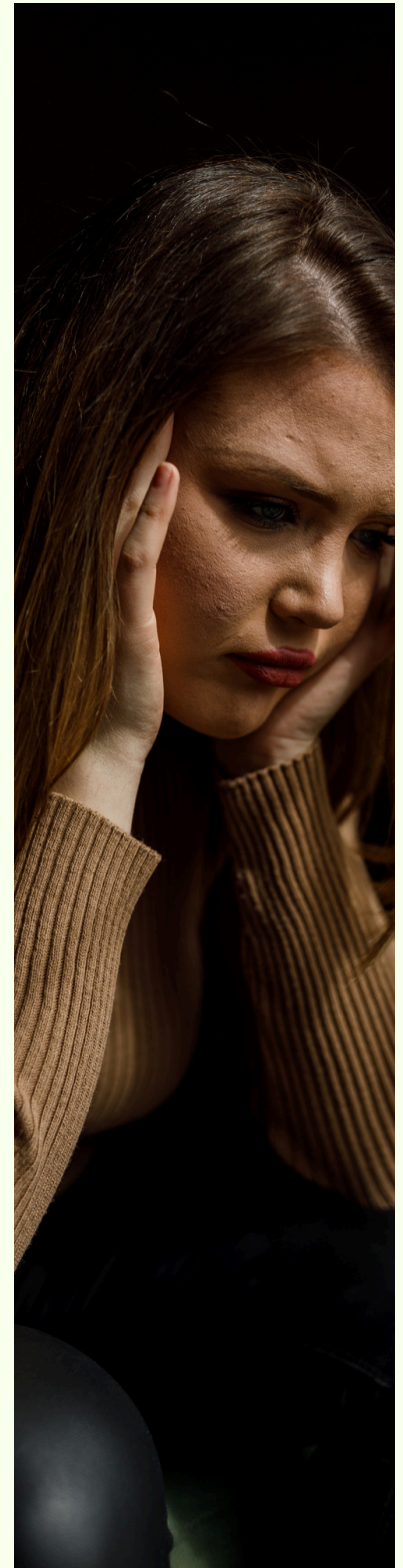
- Sleep: Poor sleep can exacerbate anxiety symptoms and make it harder to cope with stress.
- Nutrition: A balanced diet rich in vitamins and minerals supports brain function and emotional stability, reducing the risk of developing or worsening anxiety disorders.



Treatment:

Anxiety disorders are treatable, with common approaches including:

- **Therapy:** Cognitive-behavioral therapy (CBT) is effective in helping individuals reframe negative thinking patterns.
- **Medications:** Antidepressants, anti-anxiety medications, and beta-blockers are often prescribed.
- **Lifestyle Changes:** Stress management, regular physical activity, and relaxation techniques such as mindfulness and meditation can help manage anxiety.



Explore More with These Helpful Links

Click a link to get started



1. [Generalized Anxiety Disorder](#)
2. [Social Anxiety Disorder](#)
3. [Phobia-related Disorders](#)
4. [Types of Phobias and Phobia-related Disorders](#)
5. [Social Anxiety Disorder \(Previously called Social Phobia\)](#)
6. [Agoraphobia](#)
7. [Separation Anxiety Disorder](#)
8. [Selective Mutism](#)
9. [Risk factors for Anxiety?](#)
10. [How is Anxiety Treated?](#)
11. [Importance of Sleep Hygiene for Anxiety & Depression](#)
12. [Understanding Nutrition, Depression & Mental Illnesses](#)
13. [Suicide among First Nations people, Métis and Inuit \(2011-2016\): Findings from the 2011 Canadian Census Health and Environment Cohort \(CanCHEC\)](#)
14. [How Stress Affects us Physically](#)
15. [Types of Somatic Therapy](#)

Take Your First Step to Mental Well Being!

Bring2Life Creative Counselling

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Bring2Life

Creative Counselling



Bring2Life Creative Counselling offers flexible services directly to clients in urban and rural Saskatchewan.

Our Registered Social Workers provide therapies like CBT, DBT, Narrative Therapy, Art Therapy, and Play Therapy. We address issues including anxiety, depression, grief, addiction, trauma, and relationship counselling.

We bring our services directly to our client with On-The-Go Mobile, Video/Phone, and Unlimited Text Counselling

The best part is, as a registered charity, **Bring2Life brings all of this to our clients at NO COST to them.**