

ANXIETY DISORDERS

Anxiety disorders affect **40 million** adults in the United States every year. Anxiety disorders are classified as mental health conditions and fall into four different categories: social anxiety disorder, generalized anxiety disorder, panic disorder and specific phobias.



SOCIAL ANXIETY DISORDER (SAD)

15 million adults in the United States are affected by SAD. People suffering from SAD may become overwhelmingly anxious and excessively self-conscious in everyday social situations.



GENERALIZED ANXIETY DISORDER (GAD)

Although **3.1% of the U.S. population** is affected by GAD, only about 43% of those individuals are receiving treatment. People diagnosed with GAD worry excessively about a variety of everyday problems and may experience symptoms such as hot flashes, fatigue and nausea.



PANIC DISORDER (PD)

PD is characterized by sudden attacks of terror—known as panic attacks—that can strike at any time, causing individuals to experience dizziness, sweating and a pounding heart.



SPECIFIC PHOBIAS

Specific Phobias affect **8.7% of America's population**. A specific phobia is an intense, irrational fear of something that may pose little or no threat (e.g., heights, enclosed spaces and water).

HOW TO REDUCE SYMPTOMS

Although anxiety disorders aren't preventable, there are a few action items that may control or lessen symptoms, such as:



Eating a healthy diet and exercising regularly



Avoiding or limiting consumption of caffeinated beverages (e.g. tea, coffee and soda)



Talking with your doctor or pharmacist before taking any over-the-counter medications



Seeking professional support after a disturbing or traumatic experience