

Anxiety



Interior Health
Every person matters

Patient Information

www.interiorhealth.ca

What is anxiety?

Anxiety is a part of the fight-flight-freeze response that humans have to fearful or threatening situations. Anxiety is like a smoke alarm in our bodies telling us when a situation is fearful or dangerous. What makes anxiety troublesome is when this smoke alarm is going off even when there is no danger.

Anxiety does not last forever. It can be uncomfortable, make you feel very frightened, and you may think you could die. You cannot die from anxiety.

Anxiety can make your heart race, your chest feel tight, make you feel nauseous, make you feel sweaty or clammy, and can make you feel like you are not real.

An estimated 1 in 10 adults live with anxiety. You are not alone.



Quick Tips to Manage Anxiety At Home

- Go for a walk or do some form of exercise
- Count slowly to ten while focusing on deep breaths
- Talk to a trusted friend, family member, Elder or professional
- Drink a glass of cold water
- Find a distraction, hobby or healthy practice (ie. read a book, watch a movie, drum, sing etc.)
- Avoid substances such as: caffeine, chocolate, alcohol.
- Take medications as prescribed, even when you feel better.
- Eat healthy food, get a good night's sleep, try to minimize stress
- Write down appointments and questions for health care providers

Resources:

Speak with your doctor, nurse practitioner or mental health worker.

Interior Crisis Line I-888-353-CARE (2273)

Suicide Hotline I-800-SUICIDE (784-2433)

KUU-US (Aboriginal) Crisis Line I-800-588-8717
. (I-800-KUU-US17)

Mental Health Support 310-6789

Canadian Mental Health Association www.cmha.bc.ca

Anxiety BC www.anxietybc.com

Your Local Mental Health And Substance Use Office or Aboriginal Health Clinic: _____

Download an App for Your Mobile Device



Healthlink BC Call 8-1-1 www.healthlinkbc.ca	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		