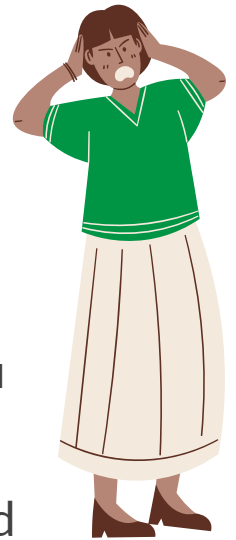


ANXIETY

What is it?

Anxiety is an emotion that can be identified by feelings of tension, worried thoughts, and even physical changes like increased blood pressure. Anxiety can cause you to have persisting intrusive thoughts or concerns. It may also cause you to avoid certain situations out of worry. It can also present in physical symptoms like sweating, trembling, dizziness, or a rapid heartbeat.¹



Symptoms

Symptoms of anxiety can vary from person to person, and it is often overlooked in teenagers because they are good at hiding their thoughts and feelings. However, here are some signs and symptoms:²



- Irritability
- Recurring fears and worries about routine parts of everyday life
- Trouble concentrating
- Avoidance of difficult or new situations

How to Address it

Addressing and treating anxiety is different for everyone, but the first step should be talking to a qualified mental health professional if you are feel like your mental health needs help. They can help determine which treatment would be best for you, and help you work through what is going on. Always remember that is is okay to talk to someone, whether it's family, friends, or any trusted adult, when you are feeling down and think you made need some help.³

