

# 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