

# ANXIETY

According to the World Health Organization (WHO), 1 in 13 globally suffers from anxiety. Anxiety arises from extreme worries and expectations of negative outcomes in unknown situations. However, anxiety is a normal reaction to stressful situations, but when it becomes excessive or chronic it can cause damage on your everyday function and physical symptoms.

Temporary worry and fear is absolutely fine. You may feel anxious before important events like presenting in public or taking a test, or during a rough situation like making a decision, or even before meeting someone you like. However, Anxiety Disorders are on the different level. The symptoms usually will not fade away and can worsen over time. When exceeding worry lasts more than 6 months it can interfere with your daily functions, such as your school, work, and social life. It is recommended to seek for professional help when you notice that.

“My anxiety doesn't come from thinking about the future but from wanting to control it.” — Hugh Prather, Notes to Myself





## Red Flags You Should Be Aware of

- Not being able to stay calm and still
- Easily feel fatigued
- Feeling restless, wound-up, or on-edge
- Increased irritability
- Difficulty concentrating
- Unstoppable feelings of worry
- Having muscle tension or numbness and tingling sensation
- Sleep problems



## Ways to Relieve Anxiety

- Write out things that cause your anxious feelings and reflect on it or discuss with people 
- Choose one routine (exercise, music, art etc.) and stick to it on a regular basis
- Reduce caffeine, take vitamin supplement, and sleep more 

ACWP offers bilingual and bicultural **FREE** one on one counseling to talk about your struggles and obstacles. Feel **FREE** to reach us 😊



Asian Community Wellness Program



[Asianwell@kcceb.org](mailto:Asianwell@kcceb.org)



Korean (844) 828-2254; English (510) 547-2662



99 Callan Avenue, San Leandro, CA