

# What Is ANXIETY?

Anxiety is a state of worry, alarm, or fear over circumstances outside your control.

**40% of Teens** have some form of **Anxiety Disorder.**



U.S. Department of Health and Human Services. (n.d.-b). National Institute of Mental Health. Any anxiety disorder. Retrieved from <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder> on May 30, 2023

**70% of U.S. Teens Perceive Anxiety**

**and depression as a significant concern among their peers.**



J.M. Horowitz, N. Graf. Pew Research. February 20, 2019 (n.d.-c). Most U.S. Teens See Anxiety and Depression, as a Major Problem, Among Their Peers Retrieved from [https://www.pewresearch.org/social-trends/wp-content/uploads/sites/3/2019/02/Pew-Research-Center\\_Teens-Report\\_FINAL-1.pdf](https://www.pewresearch.org/social-trends/wp-content/uploads/sites/3/2019/02/Pew-Research-Center_Teens-Report_FINAL-1.pdf) on May 30, 2023

## Types of Anxiety

- Generalized Anxiety Disorder
- Panic Disorder
- Social Anxiety Disorder
- Specific Phobias

## Anxiety Disorder Vs. Natural Anxiety

An anxiety disorder is different from natural anxiety when symptoms are persistent and severe even when there is no threat.

## Physical Symptoms of Anxiety

- Heart Palpitations
- Shortness of breath
- Sweating
- Trembling
- Tingling
- Restlessness
- Difficulty concentrating
- Headaches
- Fatigue
- Nausea
- Insomnia
- Chest pain
- Blushing
- Sweating
- Clammy hands
- Difficulty making eye contact
- Stomach aches or "butterflies"
- Rigidity
- Voice changes

## Psychological Symptoms Of Anxiety

- Irrational or excessive worry
- Feelings of self-consciousness
- Fear of judgment
- Feelings of impending doom
- Difficulty controlling pervasive worry
- Feelings of being out of control
- Feeling tense
- Persistent worry, alarm, or dread
- Inability to control worry

## TEEN ANXIETY TREATMENT

Treatment for teen anxiety includes medication, therapy, prevention and coping skills, and support. If you or your teen are struggling with anxiety, treatment can help alleviate symptoms and create healthier habits.

Contact BasePoint Academy today to learn more.

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