



What is Anxiety?

Our brains have a built in warning system designed to alert us when there is a threat to our safety. This warning system is one of the most ancient parts about us, and utilizes fear to tell us whether we should leave or avoid a potentially threatening situation. Anxiety disorders occur when we experience extreme fear, worry, or panic in situations that don't require this emergency response. When worry becomes part of everyday life, it's time to reach out for help.

Common Symptoms of Generalized Anxiety Disorder

- ☉ Difficulty falling or staying asleep
- ☉ Excessive Worry
- ☉ Feeling wound up or on edge
- ☉ Muscle Tension
- ☉ Difficulty concentrating
- ☉ Irritability

Screenings are quick, easy, and confidential and can help determine if your symptoms are consistent with generalized anxiety disorder.