



## How Pine Rest Can Help

Pine Rest's clinicians are experts in treating anxiety and offer comprehensive mental health services to help children, teenagers and adults who struggle with anxiety. Treatment is evidence-based, which means that over time they have been tested and found to provide predictable outcomes and long-term recovery and tailored for each individual.

We provide treatment at all levels of care in safe and secure environments. Our hospitalization services include inpatient for a crisis, intensive daily programs where patients can return home in the evenings, and same-day, walk-in psychiatric urgent care for assessments. Our outpatient network provides therapy, medication management, and services to support patients as they transition from hospital services to outpatient. Many services are available via telehealth.



## Treatment Options

Anxiety disorders are highly treatable. Most people respond very well to therapy or a combination of therapy and medication.

**Psychotherapy.** Common therapies include cognitive behavioral therapy which involves talking with a trained mental health professional to discover what caused an anxiety disorder and how to deal with its symptoms and exposure therapy which encourages people to confront their fears in a safe, controlled environment.

**Medications** such as antidepressants, anti-anxiety drugs and beta-blockers can help keep symptoms under control. Choosing the right medication, dose, and treatment plan should be done under an expert's care and based on a person's needs and their medical situation.

**Complementary treatments.** Many people with anxiety disorders benefit from support groups, stress management, meditation and exercise.

**Supportive environment.** Validating feelings, providing encouragement, understanding that anxiety disorders are diseases, and being respectful provides a better atmosphere for healing.

For help, please call  
**866.852.4001**

## Services

### Outpatient & Telehealth

Assessments, medication management, individual and family therapy. All ages.

### Psychiatric Urgent Care

Open daily for walk-in assessments. Adults only. Telehealth appointments available.

### Crisis Services

If you or a loved one are in crisis, our licensed clinicians are available 24/7 to discuss your situation and determine the appropriate level of treatment. All ages.

### Scan to Learn More...

About anxiety disorders and our services, or visit [pinerest.org/anxiety](https://pinerest.org/anxiety).



# UNDERSTANDING Anxiety Disorders



 **PINE REST** Christian Mental Health Services

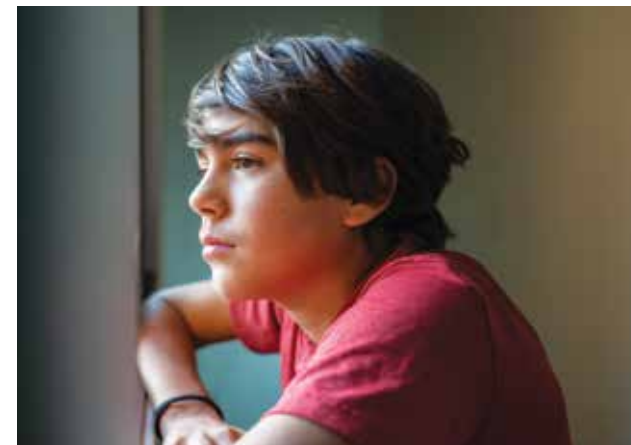
 **PINE REST** Christian Mental Health Services



### Anxiety vs. anxiety disorders

Anxiety is a temporary worry or concern regarding a stressful event or situation. We worry about our health, finances and family members. We feel nervous about a job interview, flying, being around a new group of people, starting at a new school or being in a new situation.

Anxiety disorders are medical conditions where worries and fears are excessive in response to a situation or no particular situation, last for months or years and affect the ability to function in daily life. Symptoms are often physical, affect sleep and appetite, and have severe impacts on performance at work or school, relationships, and the ability to enjoy life.



Anxiety disorders are the most common mental health illnesses in the United States. According to the National Institute of Mental Health, over 30 percent of adults and teenagers will have an anxiety disorder at some point in life that interferes with day-to-day living.

While the exact causes of anxiety disorders are not known, scientists are learning they have a biological basis and can involve a combination of factors including brain chemistry, genetics, environmental factors, personality and life events.

### Types of anxiety disorders

There are many types of anxiety disorders, these are a few of the most common.

#### Generalized Anxiety Disorder (GAD)

GAD is characterized by constant worry and tension that persists for several months, even when there is little or no cause.

- Excessive worry about everyday things
- Feel restless, tired, irritable
- Trouble controlling worries
- Have difficulty concentrating
- Headaches, muscle aches, stomach aches
- Trouble falling or staying asleep

#### Panic Disorder (panic attack)

Panic attacks are a sudden surge of intense anxiety or fear when there is no clear danger or trigger. The physical symptoms often mimic a heart attack.

- Racing heart, chest pain or discomfort
- Sweating, hot flashes or chills
- Shortness of breath
- Numbness, tingling or trembling
- Feeling detached from reality
- Fear of losing control or dying



### Phobias

A phobia is an intense fear of a specific object, activity or situation that presents little or no danger.

Some of the more common phobias include animals, heights, flying, escalators and tunnels, highway driving, medical procedures, needles or the sight of blood. Often people with a panic disorder develop agoraphobia—a fear of public places, open spaces and public transportation.



#### Social Anxiety Disorder (social phobia)

Social anxiety disorder is characterized by excessive worry and self-consciousness about everyday social situations such as meeting new people, eating in restaurants or going to parties. More than shyness or unease around other people, those with social phobia have an intense, persistent and irrational fear of being watched and judged by others or of doing things that will embarrass them or lead to ridicule. Physical symptoms often include blushing, sweating, trembling, nausea or difficulty speaking.

#### Substance/Medication-induced Anxiety

is brought on by use of or withdrawal from alcohol or other drugs, taking medications or exposure to heavy metals or toxins.

#### Anxiety Due to Medical Condition.

Anxiety is a symptom of a number of medical conditions including: endocrine diseases, cardiovascular disorders, respiratory illnesses like asthma, metabolic disturbances and neurological illnesses.

Everyday Anxiety	Anxiety Disorder
Feeling uncomfortable in a social situation	Refusing an invitation for fear of being judged, humiliated or embarrassed
Feeling nervous about flying	Not attending a loved one's wedding because of the fear of flying
Realistic fear of dangerous situation or object	Irrational fear or avoidance of a situation or object that poses little or no danger
Having "butterflies" in your stomach, sweaty palms or a dry mouth before a big presentation	Feeling dizzy, racing heart or chest pain, shortness of breath, numbness, nausea even when there is nothing threatening at that moment