

Anxiety

Anxiety disorders cause worry or fear strong enough to affect daily life. They are very treatable with therapy, skills, medicine, or a combination.

Everyday basics

- Practice the coping skills your therapist teaches, a little each day.
- Keep regular sleep, movement, and meals — they steady your mood.
- Limit caffeine, alcohol, and nicotine, which can fuel anxiety.
- If prescribed medicine, take it as directed and don't stop suddenly.

Good questions to ask your care team

- What kind of anxiety do I have, and what helps most?
- Is therapy, medicine, or both right for me?
- What can I do during a panic or high-anxiety moment?
- Where can I find affordable counseling?

When to get help right away

If you feel unsafe or have thoughts of harming yourself, call or text 988 or go to the nearest ER.



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Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/anxiety.html>

Educational only; reviewed public health information, not medical advice. Always follow your own care team's guidance.