

# Anxiety Self-Management Plan

- |   |   |
|---|---|
| <input type="checkbox"/> Be physically active | <input type="checkbox"/> Spend time with people who support you               |
| <input type="checkbox"/> Find ways to relax   | <input type="checkbox"/> If you are prescribed medication, take as prescribed |

## Green Flags — All Clear

## What this means ...



### If you have:

- No anxiety symptoms
- Anxiety symptoms are managed with medications.

- Your symptoms are under control.
- Good for you!

**Keep up the great work!**

## Yellow Flags — Caution

## What this means ...



### If you have:

- Severe worry, nervousness, feel anxious or your anxious feelings that affect your ability to do your daily activities
- Trouble falling asleep or problems sleeping that lasts longer than four weeks.
- Uncontrollable, obsessive thoughts
- Nightmares, or flashbacks of traumatic experiences
- Severe muscle tension
- Drowsiness, lack of energy
- Confusion, disorientation
- Dizziness, lightheadedness
- Nausea, stomach upset
- Take alcohol or other drugs with your anxiety medication

- You may have anxiety
- Your anxiety may not be well controlled with treatment, therapy, or medication
- You could be having a side effect to the medication **or**
- Your medication may need to be adjusted.
- You are at higher risk for accidents, overdose, and potential death.

**Call your doctor, consulting nurse, or health care provider if symptoms do not improve.**

**Name:**

**Number:**

**Instructions:**

**If you notice a Yellow Flag, work closely with your health care team.**

## Red Flags — Stop and Think

## What this means ...



### If you:

- Have thoughts of death or feel like harming yourself or others

You need to be evaluated by a health care professional immediately.

**Follow these instructions:**

**CALL the 24-hour Crisis Clinic:  
866-427-4747**

**CALL 9-1-1**

**If possible, notify your health care provider's office.**

**Name:**

**Number:**

**If you notice a Red Flag, CALL 911. Emergency!**

# Anxiety Fast Facts

- Anxiety is a normal human reaction to stress that everyone experiences at times. For instance, people may feel anxious when preparing for an important event, doing a new activity or project, waiting for test results, having problems with finances, unpaid bills, job stress, or problems with relationships.
- When anxiety feelings do not go away, or when worries and fear interfere with normal daily activities and you find yourself unable to solve daily problems, it could be an anxiety disorder.
- Anxiety disorders are common mental health issues affecting 18% of adults.
- Symptoms can include feelings of panic, fear, worry, uneasiness, problems trouble falling asleep, and muscle tension. Since physical symptoms of an anxiety disorder can easily be confused with other medical conditions, it's important to talk with your health care professional.
- There are different types of anxiety disorders so it's important to talk with your health care professional about your feelings of anxiety.
- Sometimes medications may be used in the treatment of anxiety; however they are not a cure. Sometimes anxiety needs to be addressed with therapy or perhaps lifestyle changes.

## What can you do?

- Talk with your health care provider(s). Talk about your symptoms, including any problems that you are having with daily functioning.
- If your health care provider recommends a medication, find out when and how the medication should be taken.
- Always follow your medical provider or mental health providers' directions regarding medications. Do not stop medications without first checking with your medical or mental health provider as some drugs need to be tapered off slowly.
- Eat a balanced diet as this is important for your overall physical and mental health.
- Limit or avoid caffeine. Caffeine, found in coffee and regular tea can make you feel jittery and nervous and can interfere with sleep.
- Drink plenty of water, unless your health care provider tells you to limit fluids. Even mild dehydration can affect your mood.
- Exercise! Physical activity can help reduce anxiety.

## Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail [info@communitylivingconnections.org](mailto:info@communitylivingconnections.org)



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