



Anxiety

It's more common than you think.

What is it?

Anxiety is a normal and healthy emotion; it is your body's natural response to stress. Anxiety affects people differently. It is a feeling of fear or apprehension about what's to come. Mild anxiety might be vague and unsettling, but when people experience intense, excessive and persistent worry and fear about everyday situations or about what may happen, the anxiety may seriously affect day-to-day living.

How does it affect you?

Anxiety can affect you physically, emotionally, socially, or psychologically.

Physical symptoms include:

- Feeling nervous, irritable, or on edge
- Having an increased heart rate
- Breathing rapidly (hyperventilation), sweating, and/or trembling
- Feeling weak or tired
- Having trouble falling or staying asleep
- Experiencing changes in appetite
- Experiencing gastrointestinal (GI) problems

Emotional or psychological symptoms include:

- Having a sense of impending danger or catastrophe/doom
- Experiencing panic attacks
- Uncontrollable feelings of worry
- Having difficulty concentrating
- Unable to think about anything other than the present worry
- Having the urge to avoid things that trigger anxiety

What can you do?

What can you do if you are dealing with immediate anxiety in the workplace? 90 seconds is all it can take to reset your brain and help lower your anxiety.

If you're feeling tense, irritable or overwhelmed here are some things you can try:

- Deep breathing – breathe in for 7 seconds and exhale for 11 seconds – and repeat
- Calming exercises – such as observe and name 5 objects around you
- Visualization – think of a place that brings a sense of calm and imagine you are there
- Meditation – there are several phone apps available that offer a short guided meditation

If your symptoms of anxiety begin to affect your day to day life consider seeking professional support. Use the Entertainment Industry Therapist Finder to find a therapist who understands the unique culture of the entertainment industry at btshep.org/findatherapist.