



CARE's WorkLife Solutions

Toll Free 866.888.1555

www.caresworklifesolutions.com

Anxiety Self Test

Are you afraid of snakes, spiders, heights or speaking before an audience? Many people are, but despite their fear, they lead fully functioning, productive lives (apart from the occasional brush with a daddy longlegs spider).

Yet, for some people, the fear is so overwhelming, their upset interferes with a major life activity, such as holding a job or managing a routine. Some people fear leaving their homes, others are afraid of large crowds. Still others may feel afraid or anxious for no apparent reason.

When a person fears something like a spider, mental health professionals call it a “phobia” (arachnophobia is the fear of spiders). Phobias are a type of disorder called an “anxiety disorder.”

Anxiety disorders may trigger a physical reaction known as a “panic attack.” During a panic attack, a person feels an overwhelming sense of anxiety or fear and may have trouble breathing, experience chest pains, sweat or tremble. A panic attack may last only a few moments, but its effects may linger. For example, someone who experiences a panic attack while driving may refuse to drive again out of fear of triggering another attack.

The following questions may identify a person suffering from an anxiety disorder. The more “yes” answers, the greater the likelihood that an anxiety disorder may be the cause.

- Do you ever have shortness of breath, sweating or palpitations without a physical cause or reason?
- Do you sometimes feel like you are going crazy?
- Do you avoid social situations and public places due to excessive feelings of fear?
- Do you fear that you are losing control?
- Does the idea of leaving your home frighten you?
- Do you ever feel trapped in a public place or a social situation?
- Do you have ongoing or persistent thoughts that won't go away?
- Are there any specific behaviors you feel compelled to perform over and over, such as checking to see if you locked the door, washing your hands or checking to see if you turned off the stove?
- Do you feel edgy and irritable?
- Do you often have obsessive thoughts about past events or the future?
- Do worries often overwhelm you?
- Do you have nightmares?

If combination of therapy, lifestyle changes and, for some individuals, medication, can help most sufferers lead normal lives. you or someone you love might be experiencing an anxiety disorder, call CARE's WorkLife Solutions toll free 866.888.1555