



# Understand anxiety. Increase resilience.



## 1 ANXIETY AFFECTS MANY OF US

- 31.1% of U.S. adults experience an anxiety disorder at some time in their lives.
- Women are two times more likely to have generalized anxiety disorder than men.
- A person can have one or more types: generalized anxiety disorder, social anxiety disorder, phobias, and separation anxiety.

## 2 KNOW THE SYMPTOMS

- Persistent nervousness, worry, and restlessness
- Feelings of impending danger or doom
- Elevated heart rate, hyperventilation, sweating, and trembling
- Fatigue and sleeplessness
- Concentration problems

## 3 KNOW THE RISK FACTORS

- Most people with anxiety disorders show symptoms by age 21.
- A family history of anxiety raises the risk for developing an anxiety disorder.
- Trauma and extreme stress can increase vulnerability to anxiety disorders.

## 4 BE YOUR OWN ADVOCATE!

- Learn the basics about anxiety and mental health.
- Arizonans have access to a variety of mental health support resources.
- Asking for help is a sign of strength, not weakness.
- Adjusting a few daily habits can help you feel more content, resilient, and empowered.

40 MILLION  
AMERICAN  
ADULTS LIVE  
WITH ANXIETY

Explore [MobilizeAZ.com](https://www.mobilizeaz.com) to learn more.

Sources:  
<https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>  
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