



# ANXIETY

## *How does anxiety feel?*

- Excessive, ongoing worry, tension, fear
- An unrealistic view of problems
- Preoccupied with health, routine
- Restlessness or a feeling of being "edgy"
- Trouble falling or staying asleep
- Trembling or being easily startled
- Trouble concentrating or making decisions
- Overly concerned with personal safety
- Muscle tension, feeling weak and shaky
- Avoiding social situations
- Racing heart, shallow breathing, sweating, nausea
- Need to self-medicate with alcohol or meds

## IMPORTANT FACTS:

Approximately 1 in 5 adults over the age of 65 has an anxiety disorder

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It can be overwhelming, affect daily living tasks, relationships and overall enjoyment of life

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Anxiety is **not** a normal part of aging

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In older adults, anxiety and depression often occur together

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Untreated anxiety can lead to cognitive impairment, poor physical health, disability and poor quality of life

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Some causes are family history, trauma, chronic grief, medical illnesses, aging fears of falling, economic issues, memory, victimization, becoming dependent

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**OKLAHOMA MENTAL HEALTH & AGING COALITION**

Karen Orsi, OMHAC Director  
kareno@northcare.com  
405-858-2827  
www.omhac.org

***Help is available  
Treatment works***

Symptoms often go unrecognized, or there is a reluctance to talk about them. Please speak openly with your doctor if you are experiencing any of the symptoms listed.