

What is Anxiety?



Anxiety is a type of mental health condition that can often lead to a person feeling fear, dread, and other symptoms (1). These feelings a person can have are often out of proportion to the situation in which they occur (2).

Possible Symptoms(2)

- feelings of panic, fear, uneasiness
- difficulty concentrating
- heart palpitations
- shortness of breath
- muscle tension
- difficulty falling asleep

Anxiety Management

Medication and therapy are two of the most common ways to deal with anxiety. Both can help a person improve their symptoms (2).

How common is it?

According to the National Institute of Mental Health, about 31% of adults experience anxiety at some point in their lives (3).

Resources/Additional Information

- Counseling Center
 - 570-662-4436
 - 144 South Hall
- <https://go.nih.gov/HcjwFWe>

References:

- 1) National Institute of Mental Health. (n.d.). *Anxiety*. National Library of Medicine. Retrieved March 14, 2025 from, <https://medlineplus.gov/anxiety.html>
- 2) *Anxiety Disorders*. (2024, July 3). Cleveland Clinic. Retrieved March 14, 2025 from, <https://my.clevelandclinic.org/health/diseases/9536-anxiety-disorders>
- 3) *Any Anxiety Disorder*. (n.d.). National Institute of Mental Health. Retrieved March 14, 2025 from, <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder>