

Anxiety

Because of the many physical and emotional changes associated with serious illness, feelings of nervousness or anxiety may occur. This is a normal response when things feel uncertain or beyond your control.

Although anxiety is natural, being nervous is uncomfortable and can affect the quality of your life. Identifying the causes of anxiety will help to determine what to do about it. However, it is possible to feel anxious without being able to say why. Please talk with your Agrace team if you are experiencing any of the symptoms shown below and want help finding relief.

Signs and symptoms:

Your body has many different ways of showing anxiety. Knowing that you may be nervous is the first step to feeling better. Common symptoms of anxiety include these:

- Restlessness or not being able to relax
- Irritability
- Butterflies in the stomach and/or feeling like there is a lump in your throat
- Muscle tension, aches, soreness or feeling tense
- Feeling very tired or exhausted
- Trouble falling or staying asleep or having nightmares
- Getting upset about things that normally would not upset you
- Worrying about what could or may happen
- Sweating or flushing
- Dry mouth
- Diarrhea
- Urinary frequency
- Trouble concentrating or feeling overwhelmed
- Headaches
- Sweating or cold, clammy hands, heart palpitations and/or rapid breathing
- Panic or extreme nervousness, feeling something needs to be done but feeling unable to do anything
- Increase in pain

What can help relieve feelings of anxiety?

While feelings of anxiety are normal, it is important to decrease the effect of these feelings. The symptoms of anxiety are your body's way of letting you know it needs to relax. Here are some suggestions to reduce anxiety:

- Talk about your feelings, fears and concerns with someone who will listen and provide support, including family members, friends, doctor, clergy and/or your Agrace team.
- Take slow, deep breaths.
- Enjoy a relaxing activity, such as taking a hot bath, coloring or reading a good book.
- Take a short walk or find a place where you can relax, uninterrupted, for a while.
- Allow yourself to cry.
- Keep a journal and write about your fears, feelings, concerns and/or things that are happening in your life.
- Listen to soothing music.

Notify your Agrace team anytime you have questions or concerns about anxiety.