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## ANXIETY MANAGEMENT

### ANXIETY:

An uneasiness, worry, or fear that is a reaction to stress, uncertainty and life-changing experience.  
Can occur anytime, especially at diagnosis, when waiting for test results or completing tests, or when undergoing treatment.  
Can increase if a person has pain or is disabled or has limited resources and assistance.

### SYMPTOMS:

Excessive worry; trembling or shaking; Irritability; inability to rest or sleep; excessive mouth dryness.

CALL IMMEDIATELY with symptoms of chest pain, palpitations, progressive shortness of breath, or if concerned.

### COPING:

YOU ARE NOT ALONE. Report your feelings and problems so solutions can be discussed with you.  
Learn about your diagnosis and treatment. Ask questions until you understand!  
Treat physical symptoms: see handouts on anorexia, fatigue, nausea, diarrhea, constipation, pain.  
Ask about resources that are available for you:  
✓ Home Care nurses, Physical Therapists, Occupational Therapists, Home Health Aides.  
✓ Wellness Community [www.thewellnesscommunity.org](http://www.thewellnesscommunity.org)  
✓ American Cancer Society: [www.cancer.org](http://www.cancer.org)  
✓ Counseling or support groups.  
Discuss with our Billing Department if you are unable to afford medications or treatments.  
Rest and sleep are important: Report sleeping problems. Goal: uninterrupted sleep through the night.  
Spiritual support and prayer may be helpful.

### DEEP BREATHING and RELAXATION EXERCISE: (usually 10 to 30 minutes).

Use the power of your imagination to learn to relax, and have some control over your responses.  
You can choose what you want to imagine and help yourself heal!  
Close your eyes. Breathe slow and deep. Focus on slowly relaxing each part of your body.  
Think of a comforting image, such as a sunset, or a peaceful beach, or a starry night sky.  
You might choose to focus on 1 or 2 words from a prayer.  
Focus and spend time with your image, feeling comfortable and relaxed. Then,  
Take a deep breath... exhale slowly... and open your eyes. You can feel relaxed and comfortable.  
Anytime you choose to do so, you can relax and return to this state of wellness.

### MEDICATION ADJUSTMENTS:

Discuss medications: Anti-anxiety or antidepressant medications may be prescribed for you.

### WHEN TO CALL:

Please call if you are concerned - on any day -at any time- about any issue!  
Please call EARLY so that office visit may be scheduled if needed.  
If you are unable to sleep or eat or rest.  
If you are unable to perform your usual activities.  
If you have confusion, chest pain, shortness of breath, sweating.  
If you have any thoughts of hurting yourself or suicide.