



Most people experience stress and anxiety at some point in their lives. Stress usually points to an external cause, such as a tight deadline at work or an argument with someone. Typical stress disappears or reduces once the situation has been resolved.

Anxiety is described as a feeling of apprehension or dread in situations where there is no actual real threat. Or, the response is disproportionate to the situation. Unlike stress, anxiety persists even after a concern or situation has passed. In some cases, anxiety can escalate into an anxiety disorder and can affect day-to-day life¹.

What does it feel like ?

- Increased feelings of worry
- Difficulty in controlling the worry
- Feelings of restlessness, on edge, or keyed up
- Often feeling fatigued
- Lack of concentration and mind blankness
- Easily irritated
- Muscle tension
- Difficulty in falling or staying asleep
- Restlessness²



If you're in immediate danger or need urgent help, call 911

This resource is not intended as a substitute for medical advice. The reader should regularly consult their health care provider in matters relating to their health especially about any symptoms that may need diagnosis or medical attention



The following are common physical and emotional symptoms of anxiety:

- Your heart beats very fast and/or unevenly
 - You breathe very fast
 - You feel dizzy
 - You sweat more than normal
 - Your stomach churns or feels upset
 - Your mouth feels dry
 - You can't eat
 - Your muscles get tense or feel weak
 - You have trouble sleeping
 - You get headaches
 - You're irritable
 - You feel like you want to run away from the situation
 - You find it hard to concentrate on anything else
 - You feel constantly on edge or alert to everything around you³.
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What it is

Everyone experiences symptoms of anxiety, but they generally don't last long, and do not cause problems. But when the symptoms of anxiety continue and are severe, and cause distress in a person's life so that it negatively affects their ability to work or study, socialize, and manage daily tasks, it may be beyond the normal range.

People with anxiety disorders may feel anxious most of the time or for brief intense episodes, which may occur for no known reason. They may have anxious feelings that are so uncomfortable that they avoid daily routines and activities that might cause these feelings ⁴.

What is anxiety?

<https://www.youtube.com/watch?v=Tpsdndojdjs&t=34s>

What causes anxiety?

<https://www.youtube.com/watch?v=ekS4GuT8nbg>





Stepping forward

There are many ways to help deal with your anxiety. Here are some simple tips on coping with anxiety, taken from the experiences of patients, friends, family and carers. Find the one which works best for you.

If you feel your anxiety is impacting your daily life, chat to your doctor or health care team for advice.

Find a health care provider or program

<https://www.anxietycanada.com/resources/find-help/>

(This online directory provides listings for anxiety services and programs across Canada that are free or offer sliding scale pricing)

<https://members.adaa.org/search/custom.asp?id=4685>

(This tool can search locations by city, location (state or province), or country in the United States)

Practical tips for dealing with anxiety

Coping with Anxiety (The Brain Tumour Charity)

<https://www.thebraintumourcharity.org/living-with-a-brain-tumour/health-fitness/mental-health/feeling-anxious/coping-anxiety/>

Practical tips for dealing with Anxiety (Anxiety UK):

https://www.youtube.com/watch?v=ttHu_N-zAnQ&t=176s

Taking a positive Approach (Wellness Together):

<https://wellnesstogether.ca/en-CA/take-a-positive-approach/>

Healthy living (Anxiety Canada):

<https://www.anxietycanada.com/articles/healthy-living/>

Healthy eating (Anxiety Canada):

<https://www.anxietycanada.com/articles/healthy-eating/>

Getting a good night's sleep (Anxiety Canada):

<https://www.anxietycanada.com/articles/getting-a-good-nights-sleep/>

Journaling (Wellness Together):

<https://www.wellnesstogether.ca/en-CA/how-to-start-journaling-today>

Being active (Anxiety Canada):

<https://www.anxietycanada.com/articles/being-active/>



Supporting someone with Anxiety

When somebody you care about is in the grips of worry or anxiety, they may perceive situations very differently than you see them. For example, they might want to avoid certain situations, or you may feel like they're "overreacting" when something goes wrong.

These experiences can be frustrating, but it's important to remember that they are not doing this on purpose, or trying to be "difficult." They are responding to a perceived threat. In these situations, the best thing you can do to support them is to be patient and compassionate.

It is tempting to respond to other people's worries by reassuring them that their anxieties are unfounded. Pushing back a little can be helpful, but this approach can also backfire, by reinforcing a pattern of seeking reassurance to calm anxiety.

In most cases, it is best to help the person take their thoughts off of whatever is causing their anxiety, while remaining compassionate and understanding⁵.



Resources

What is Anxiety (Website):

<https://wellnesstogether.ca/en-CA/what-is-anxiety/>

What is Anxiety (Brochure):

https://www.anxietycanada.com/sites/default/files/What_is_Anxiety.pdf

Deep Breathing (Video):

<https://wellnesstogether.ca/en-CA/deep-breathing/>

Anxiety in adults (Website):

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-adults/>

How friends and family can help (Website):

<https://www.anxietycanada.com/articles/how-friends-and-family-can-help/>

References

1. <https://www.anxietyuk.org.uk/get-help/about-anxiety-and-anxiety-disorders/>
2. <https://www.nimh.nih.gov/health/topics/anxiety-disorders>
3. <https://www.thebraintumourcharity.org/living-with-a-brain-tumour/health-fitness/mental-health/feeling-anxious/>
4. <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/anxiety-disorders>
5. <https://www.wellnesstogether.ca/en-CA/worry>

Carefully curated by individuals affected by brain tumours for individuals affected by brain tumours with sound scientific background on topics that are important to us.

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