

## Anxiety

Anxiety is a feeling of worry, nervousness or unease, typically about an imminent event or something with an uncertain outcome.

Signs and symptoms of anxiety can include feeling jittery, having a fast heart rate or breathing rate, sweating, excessive worrying, difficulty sleeping, difficulty concentrating, difficulty getting comfortable and trouble relaxing.

There can be many reasons a person feels anxious. Some common causes of anxiety include feelings of fear (of the unknown, of pain, of abandonment), loss of control or loss of independence. Also some medications and food products (for example, caffeine found in coffee and tea) can cause feelings of anxiety.

### How to Help Yourself/Someone Feel Less Anxious

- Talk to someone about these feelings.
- Breathe slowly and deeply for a few minutes.
- Listen to calming music.
- Write down thoughts and feelings.
- Look at relaxing images (for example, relaxing photographs).
- When rest is needed, ask visitors to come at another time.
- Create a calm, quiet environment.
- Gently rub hands or feet.
- Reduce caffeine intake.

### Breathing Assistance

If oxygen is needed, is the oxygen tank/concentrator being used correctly? Have you or someone else checked it to make sure it is functioning properly?

### Take Prescribed Medications

- Anxiety medication
- Pain medication
- Medication for shortness of breath
- Other medication

### Notes to Discuss with the Nurse:

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**Call Empath Health if the anxiety is changing or getting worse (888) 855-2838:** \_\_\_\_\_

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Tidewell Hospice | Trustbridge Hospice**

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