

# IS IT JUST WORRY OR AN ANXIETY DISORDER?



Distinguishing between everyday worry and an anxiety disorder can be difficult since they share some similar symptoms. However, there are key differences to help identify when worry may be more than just a natural response to life's challenges.

## Key Differences to Consider:

- **Frequency and Intensity.** Normal worry is typically situational and temporary, tied to specific events or challenges. Anxiety disorders involve persistent, excessive worry that is difficult to control and can occur frequently, even without an obvious reason.
- **Impact on Functioning.** Normal worry does not significantly disrupt your ability to function in daily life. Anxiety disorders can interfere with work, relationships, and social activities, often making even routine tasks feel overwhelming.
- **Physical Symptoms.** Both worry and anxiety disorders can cause physical symptoms like restlessness, muscle tension, and trouble sleeping. In anxiety disorders, these symptoms are often more intense and longer-lasting, further affecting overall well-being.

If your worries are persistent, overwhelming, or interfering with your quality of life, it may be time to seek professional help. Connecting with a provider can help you better understand your concerns, develop coping strategies, and work toward improved mental health. Remember, you don't have to face this alone. Reach out to a member of our team today—we're here to support you every step of the way.

## WE CAN HELP.

Our outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

**Call us today at**