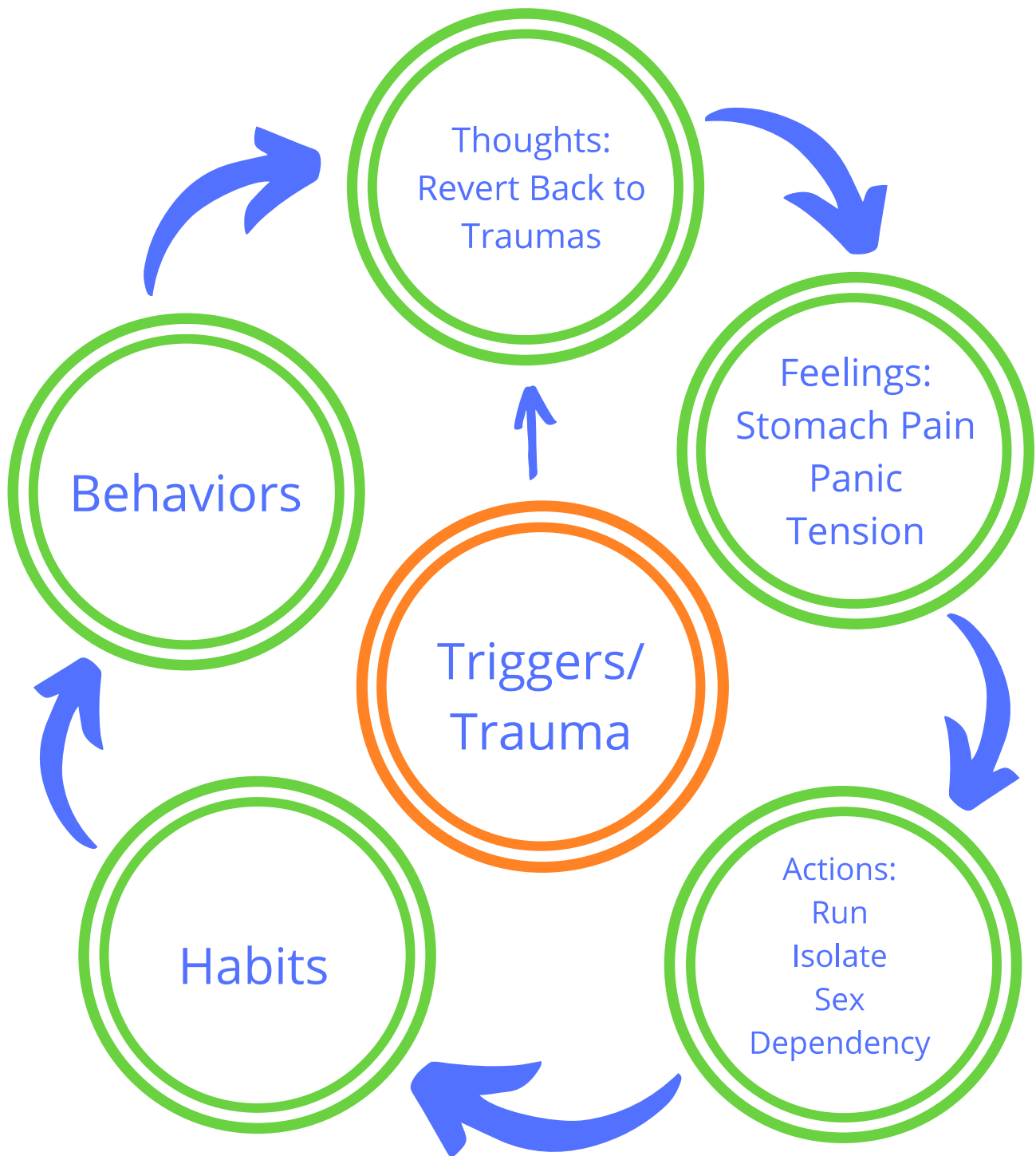


THE ANXIETY CYCLE



Do you feel anxious before a dental visit or starting something new?

Have you gotten the jitters before speaking in front of a large group or sweaty palms thinking about the future?

These are common reactions many of us face when something is scary or unfamiliar. This doesn't necessarily mean that anything is wrong, but it may be an indicator something isn't quite right either.

You may have heard of different forms of anxiety such as:

- * Social Anxiety
- * General Anxiety
- * Complex Anxiety

Or the one I coined:

- * Self-Worth Anxiety

So, let's take a look at a few of the symptoms on the following page that may be associated with a diagnosis of an anxiety or panic disorder.

SYMPTOMS OF ANXIETY

1. Racing Heart
2. Difficulty breathing in or out
3. Consistent inability to concentrate
4. Nervous behaviors, such as toe tapping, rocking back and forth, twitching, etc.
5. Consistent or constant feelings of impending doom
6. Numbness in your fingers, toes or legs
7. Trouble swallowing or an unusually dry mouth
8. Fear of people around you and/or the desire to be alone
9. The inability to leave your home - also known as Agoraphobia
10. Normal daily activities become overwhelming

You may struggle with any or all of these symptoms, but the good news is:

YOU ARE NOT ALONE!

BEAT
ANXIETY