

# I FEEL REALLY ANXIOUS!

What should I do?



## How are you feeling?

Are you frequently **distressed** by anxious thoughts or physical symptoms of anxiety?  
Is anxiety **getting in the way** of your performance at work or school or interfering with your relationships with friends and family?

NO



## We all feel stressed and anxious from time to time.

If you are experiencing more anxiety than usual right now, but it is **not** getting in the way of your life and does **not** cause you a great deal of distress, you may want to start by trying out some of these [self-help strategies](#).

YES



## Talk to your family doctor or go to a walk-in clinic

Your doctor will be able to do a full physical exam to rule out any non-anxiety based physical problems. S/he will also be able to complete a diagnostic assessment and tell you if you may have an anxiety disorder.



## Psychological

The type of therapy that is most commonly recommended for treating anxiety is Cognitive Behavioural Therapy or CBT. Research has shown that this type of therapy results in improvements in the anxiety and these improvements are long lasting. You can participate in CBT with a qualified therapist who is trained in this approach or by using a self-help manual if your anxiety is more mild. For more information on CBT, [click here](#).



## Pharmacological

For some people with more severe anxiety, a doctor may recommend medication in addition to psychological treatment. Medications that are commonly used to treat anxiety problems include antidepressants and benzodiazepines. Your doctor will work with you to figure out which medications are right for you if s/he thinks that medication would be helpful.



## I'd like some extra support

If you are looking for professional support learning strategies to manage anxiety, ask your doctor to refer you to a mental health professional who has expertise in CBT. You can also find a therapist who specializes in CBT by looking up professional organizations, such as The Canadian Association of Cognitive and Behavioural Therapies - [CACBT](#) or the [British Columbia Psychologists Association](#)



## I want to try this on my own

Although, it's often a good idea to seek professional help if you have an anxiety disorder, especially in more severe cases, there are some good general strategies that you can use on your own. If you are ready to start tackling anxiety on your own, take a look at the self-help resources on the [AnxietyCanada website](#) or ask your doctor if s/he has any recommendations for CBT self-help books.