

# IS IT JUST WORRY OR AN ANXIETY DISORDER?



It can be challenging to distinguish between normal worry and an anxiety disorder, as they often share similar symptoms. Worrying is a natural response to challenges in life, whereas an anxiety disorder involves persistent, excessive worry that interferes with daily functioning.

Here are some factors to consider when differentiating between the two:

- **Frequency and Intensity:** Normal worrying tends to come and go and is often related to specific situations or events. In contrast, anxiety disorders involve persistent worry that is difficult to control and may occur frequently, even in the absence of obvious triggers.
- **Impact on Functioning:** Normal worrying does not significantly interfere with daily life, whereas anxiety disorders can impair various aspects of functioning, such as work, relationships, and social activities.
- **Physical Symptoms:** Both worrying and anxiety disorders can manifest with physical symptoms like muscle tension, restlessness, and difficulty sleeping. However, these symptoms are often more severe and persistent in individuals experiencing an anxiety disorder.

Ultimately, if worrying is significantly impacting your quality of life, it's worth seeking support to address your concerns and develop coping strategies. Connect with your provider or reach out to a member of our team today. We are here to help.

## 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**