

Understanding Anxiety: What It Feels Like and How to Cope

Anxiety is a natural response to stress, but when it becomes overwhelming or persistent, it can interfere with daily life.

Common Signs of Anxiety

- Constant worry or fear
- Restlessness or tension
- Difficulty concentrating
- Racing thoughts
- Physical symptoms such as rapid heartbeat

Healthy Ways to Cope

- Practice deep breathing
- Focus on the present moment
- Limit overwhelming information
- Engage in calming activities
- Seek support when needed

Anxiety is manageable with the right tools and support. You are not alone in your experience.

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