

ANXIETY

Facts, Stats & Tips

**6.8
MILLION**

OF ADULTS IN THE U.S.

6.8 Million people in the US suffers from an anxiety disorder. **That's 3.1% of the US population,**

43.2%

**yet only
43.2%**
are receiving
treatment.

<https://adaa.org/understanding-anxiety/facts-statistics>

Why is Anxiety so Common Today?

Anxiety is common today due to a number of factors, including the COVID-19 pandemic, social media, & environmental stressors.



ANXIETY FACTS & TIPS:



Deep Breathing - promotes relaxation, oxygenates blood, and calms the nervous system.



Turn off the TV and Social Media - Turning off the TV and social media helps reduce anxiety caused by comparison.



Laugh It Up - Laughter counteracts cortisol (a stress hormone) by producing beta-endorphins, creating euphoria and balancing anxiety.



Know When Enough is Enough - Seek help from a mental health professional if anxiety lasts over two weeks or impacts relationships and work/school.

EXERCISE, NUTRITION, SELF-SOOTHING AND ESTABLISHING A HEALTHY SLEEP CYCLE CAN HELP REDUCE ANXIETY SYMPTOMS.



MOVEMENT

- Exercise improves your nervous system.
- Find exercise that you like and enjoy.
- Avoid activities that are stressful or triggering.



NUTRITION

- Good nutrition can help repair what trauma can do to your brain & gut.
- Eat whole foods, fresh vegetables and fruit.
- Avoid processed foods.



SELF-SOOTHE

- Spend time with friends.
- Try taking a hot bath.
- Binge watch your favorite show.
- Listen to calming music.



SLEEP

- Avoid caffeine before bed.
- Turn off screens one hour before sleeping.
- Add white noise in your bedroom.
- Reserve the bed for sleep.

LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!

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