

Take to your health care provider
to see what's right for you

Panic disorder, agoraphobia, generalized anxiety disorder, social anxiety

Reduce, review or stop substances or foods that worsen anxiety

- Caffeine – coffee, tea, cola
- Energy drinks containing taurine, guarana, yereba, ginkgo, ginseng
- Decongestants, stay awake or diet pills
- Amphetamines, cocaine, ecstasy-E, crystal meth
- Alcohol – it causes rebound anxiety when it wears off

Caution with downers, calming, anxiolytic, or sleeping pills – use of benzodiazepine medications (e.g., valium, ativan, lorazepam, clonazepam) can be used as a short-term adjunct to other treatments

- Can be addictive or habit forming
- Are sedating – caution with driving or other sedating agents
- Should not be the main or stand alone treatment

Learn what's happening in your body and runaway thoughts – educate yourself about how panic and anxiety causes physical and emotional reactions

- Physical symptoms of anxiety/worry are real, not in your head

Make sure your physical health and medications have been checked

- Thyroid hormone or blood sugar problems might cause or worsen anxiety

Specific anti-anxiety counselling (CBT) and stress management Cognitive Behaviour Therapy (CBT)

– teaches you thinking habits and skills and behaviours to treat anxiety/worry and Mindfulness Based Stress

Reduction classes and techniques

- Don't stop doing the things that cause worry, keep exposing yourself to your feared situations and keep practicing – it helps
- Self help books on CBT or Mindfulness Based Stress Reduction
- Improved thinking habits and behaviours prevent recurrence of anxiety/worry
- Exercise helps reduce anxiety

Recommended anti-anxiety/anti-panic medications – check with your health care provider for current recommendations that are best for you

- Often SSRIs or SNRIs – start low doses and increase slowly
- Usually take three or four weeks to start working
- Are not addictive – take regularly as recommended, if lowering dose go slowly

Seek emergency/urgent help if thoughts/plans to hurt yourself/suicidal

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