



# **“Anxiety Disorder”**

Anxiety is part of the body’s early warning system of anticipated danger.

Anxiety is a normal reaction when you are confronted by something frightening or threatening.

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# *“Anxiety Disorder”*



## **Common features of anxiety are:**

- *Worry*
- *Nervousness*
- *Restlessness*
- *Sweating*
- *Rapid heart rate*
- *Muscle tension*
- *Irritability*
- *Trouble concentrating*
- *Feelings of dread*

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# “Anxiety Disorder”



Sometimes people experience symptoms of anxiety when there is no obvious threat. This may be because the person has internal feelings and concerns that trigger the same physical and psychological responses as a threat.

If these anxiety symptoms are severe or long-lasting, they may be part of an anxiety disorder. Panic disorder, social phobia, or generalized anxiety disorder are some of the diagnoses that are classified as anxiety disorders.

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# **“Anxiety Disorder”**

Anxiety disorders can be successfully treated with psychotherapy and/or medication.

**Find more resources here:**

**For PSP:**

<https://www.pspmentalhealth.ca/>

PeerOnCall: <https://www.oncallapp.ca/>

**For Healthcare Workers:**

<https://www.beyondsilence.ca/>

<https://healthcaresalute-soinsdesantesalute.com/>

**For Families:**

<https://www.pspnet.ca/en/for-families-of-bsp>

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# Glossary of Terms

## Background

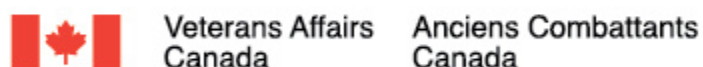
The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and stressors.

The initial iteration of the glossary was intended to

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

# COLLABORATING

The Glossary of Terms brings together a diverse, multi-institutional, pan-Canadian group of academics, clinicians, and policy makers. Together, we are working towards a broadly accepted set of terms for clinicians, scientists, policymakers, people with lived experience, and the general public.



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