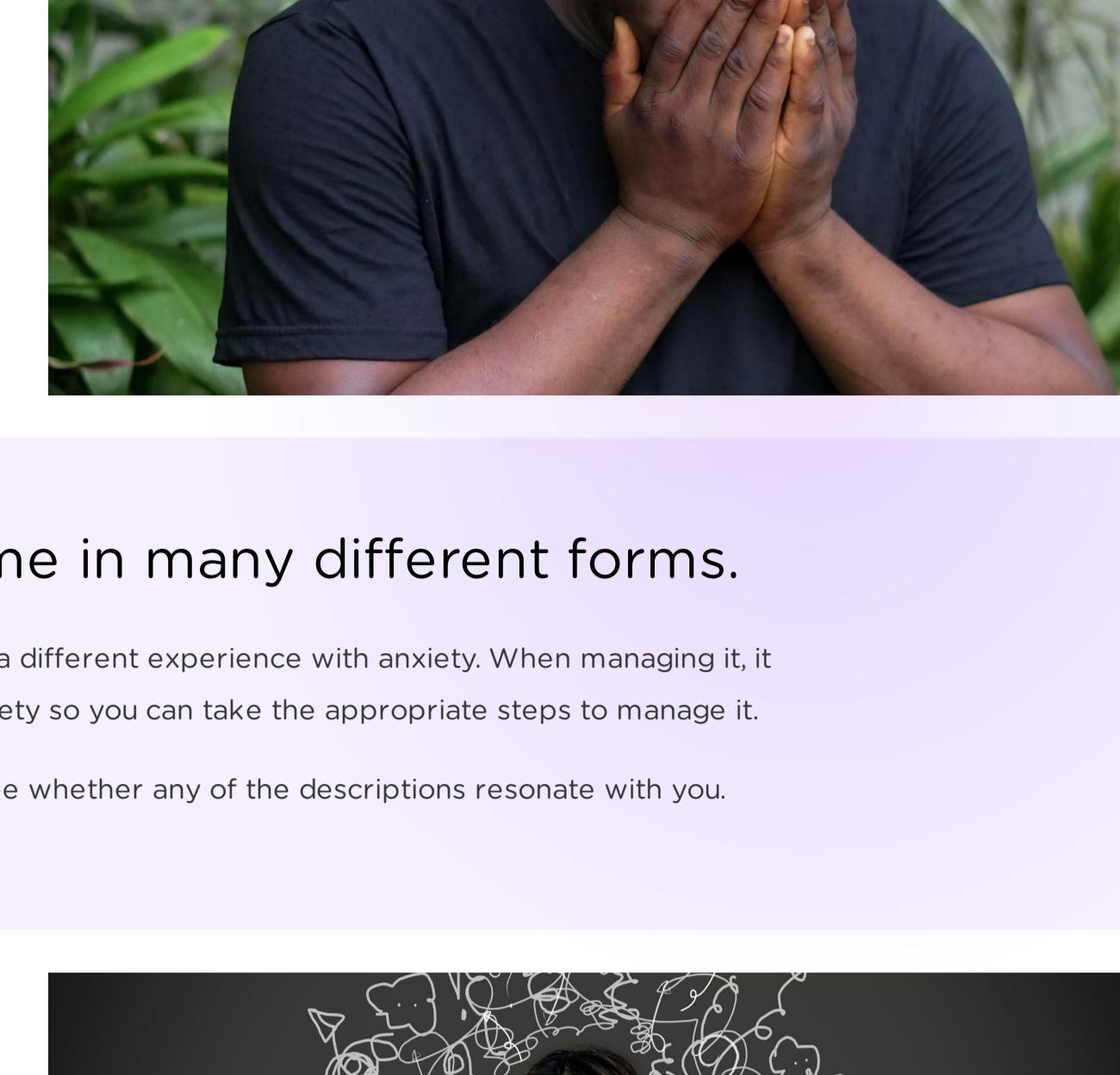


## Anxiety in Adults

### What is anxiety?

Anxiety can present itself in many ways in adults, often affecting both the mind and body. You might experience persistent worry or fear, physical symptoms like a racing heart or muscle tension, or difficulties with sleep and concentration. These manifestations can vary in intensity and may be triggered by specific situations or occur more broadly without an identifiable cause.

Though these symptoms can impact daily activities and relationships, it's important to remember that you're not alone in this journey. Anxiety Canada offers a wealth of resources designed to help you understand and manage anxiety effectively. From practical tools and strategies to professional guidance, we're here to support you every step of the way toward finding relief and improving your well-being.



### As an adult, anxiety can come in many different forms.

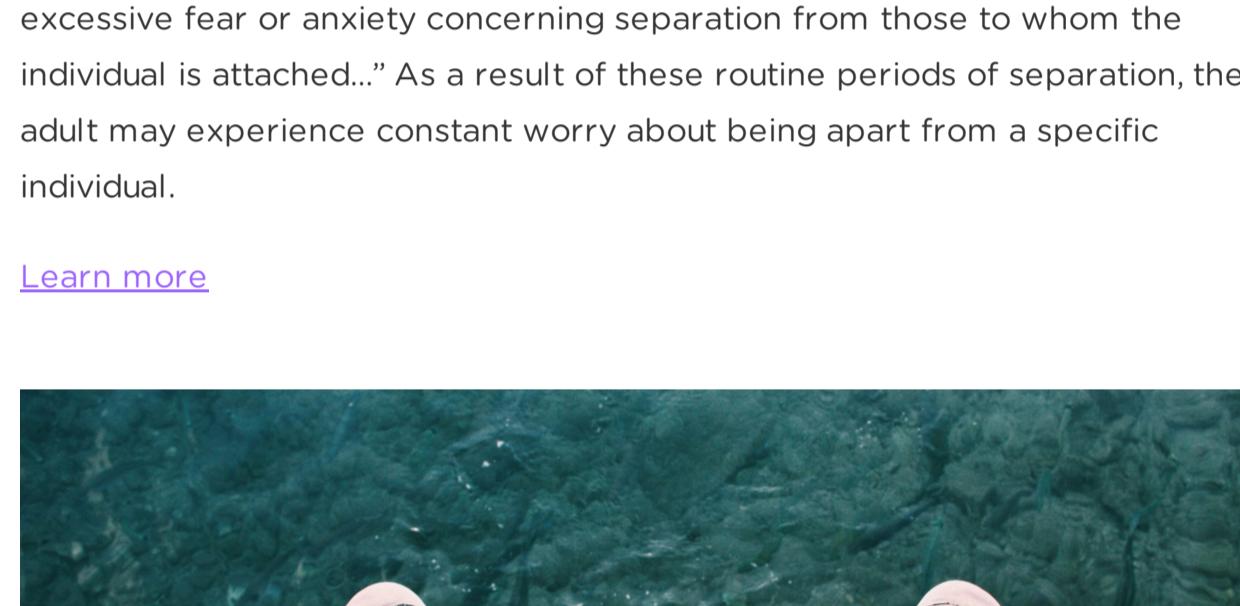
Anxiety does not just look like one thing; everyone has a different experience with anxiety. When managing it, it can be helpful to understand the different types of anxiety so you can take the appropriate steps to manage it.

Take a look at the following anxiety types below and see whether any of the descriptions resonate with you.

#### Generalized Anxiety Disorder

People with Generalized Anxiety Disorder (GAD) worry excessively and uncontrollably about daily life events and activities. They often experience uncomfortable physical symptoms, including fatigue and sore muscles, and they can also have trouble sleeping and concentrating.

[Learn more](#)



#### Panic Disorder

People with panic disorder experience unexpected and repeated panic attacks. They become terrified that they may have more attacks and fear that something bad will happen because of the panic attack (such as going crazy, losing control or dying).

[Learn more](#)



#### Separation Anxiety

Separation anxiety disorder occurs when the individual "...experiences excessive fear or anxiety concerning separation from those to whom the individual is attached..." As a result of these routine periods of separation, the adult may experience constant worry about being apart from a specific individual.

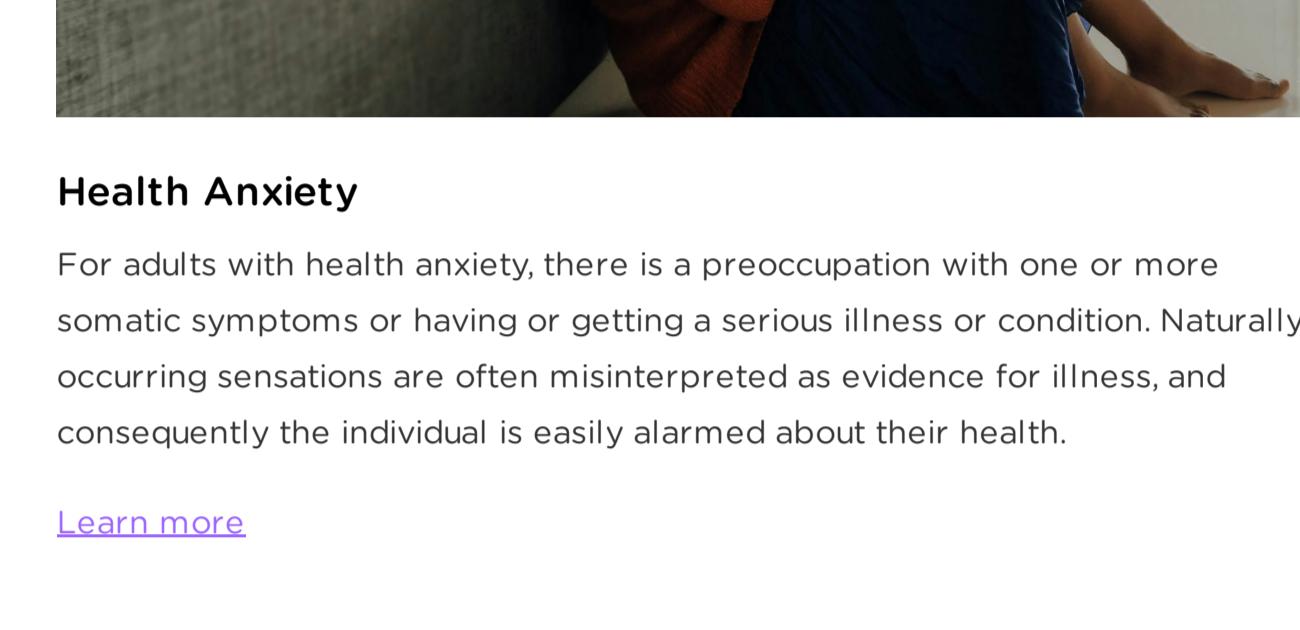
[Learn more](#)



#### Other related disorders

If none of the above anxiety types sound familiar to you, check out the following resources:

- [Agoraphobia](#)
- [Body Focused Repetitive Behaviours](#)
- [Hoarding Disorder](#)
- [Obsessive Compulsive Disorder \(OCD\)](#)
- [PANDAS and PANS](#)
- [Post Traumatic Stress Disorder \(PTSD\)](#)



#### Social Anxiety Disorder

People with social anxiety disorder tend to feel quite nervous or uncomfortable in social situations. They are very concerned that they will do something embarrassing or humiliating, or that others will think badly of them. These individuals are very self-conscious and constantly feel "on stage."

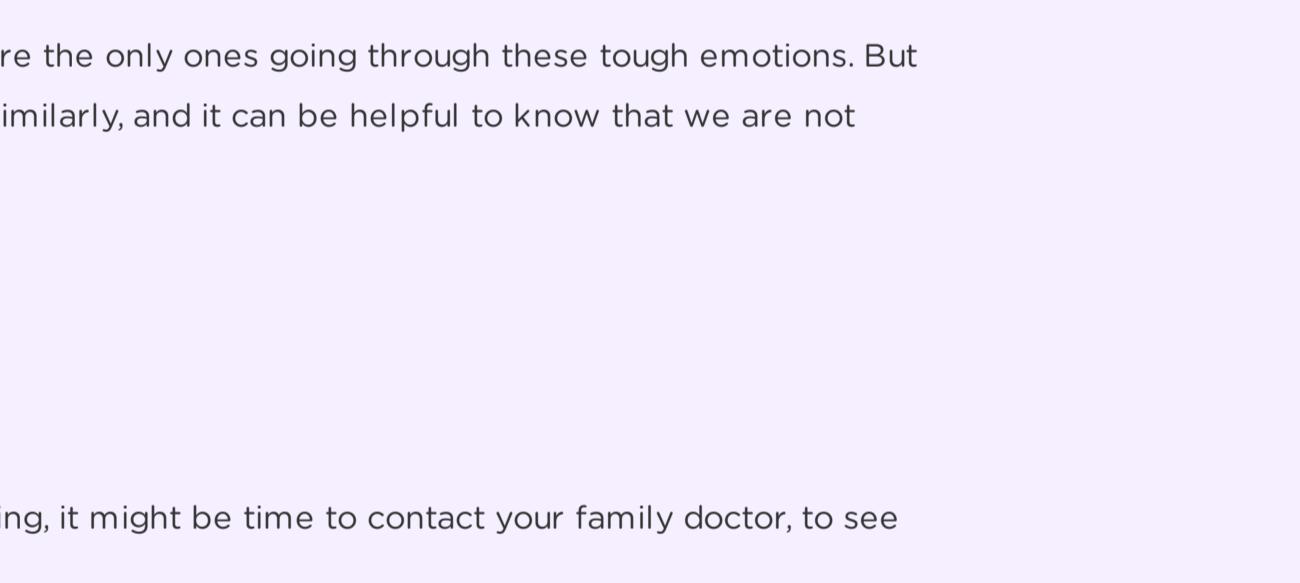
[Learn more](#)



#### Health Anxiety

For adults with health anxiety, there is a preoccupation with one or more somatic symptoms or having or getting a serious illness or condition. Naturally occurring sensations are often misinterpreted as evidence for illness, and consequently the individual is easily alarmed about their health.

[Learn more](#)



#### Specific Phobias

Phobias are intense fears that are out of proportion to specific objects or situations. This means having an extreme anxiety response towards something that is not causing immediate danger. Someone may have a phobia of dogs, spiders, or elevators, for example.

[Learn more](#)



### What can I do to manage anxiety as an adult?

#### Practice cognitive behavioural therapy.

Cognitive Behavioural Therapy, also referred to as CBT, is an evidence-based psychological treatment that is proven to be one of the most effective treatments for managing anxiety.

[What is CBT?](#)

#### Remind yourself that you are not alone.

When we are feeling anxious, it can often feel like we are the only ones going through these tough emotions. But in reality, many other people around us can be feeling similarly, and it can be helpful to know that we are not alone with our anxiety!

[Listen to the OAS podcast](#)

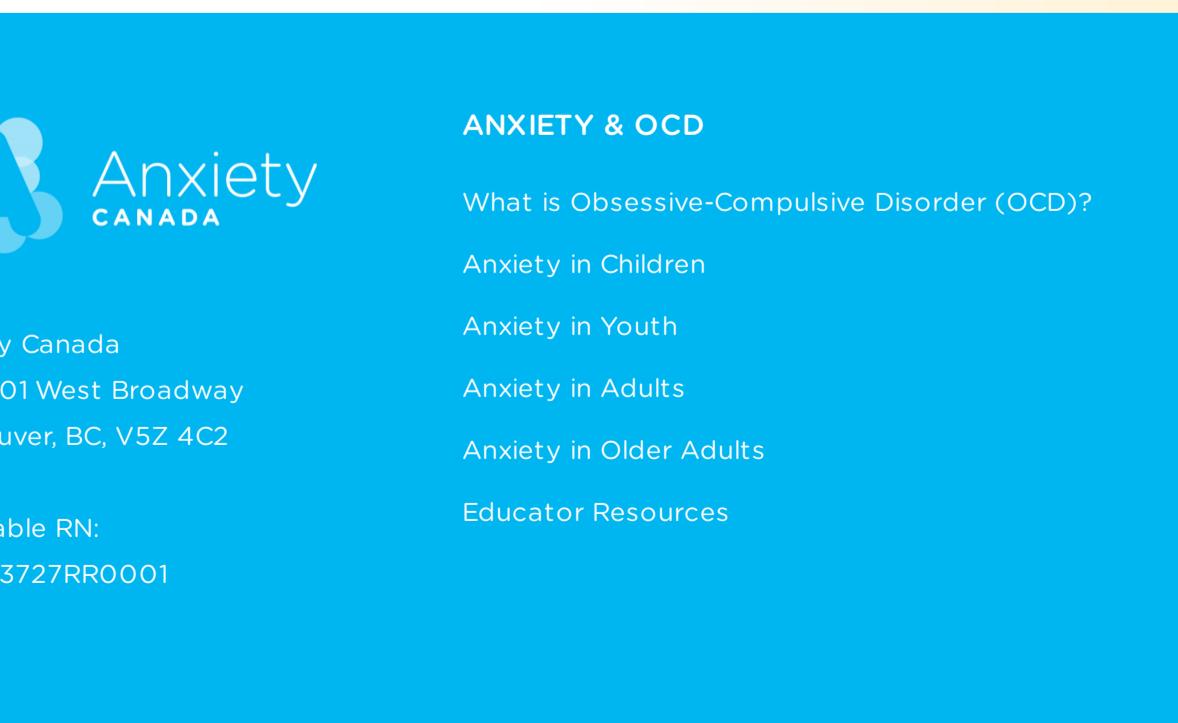
#### Talk to your doctor.

If you are feeling like things are getting too overwhelming, it might be time to contact your family doctor, to see what other help they can offer.

### #OurAnxietyStories – The Anxiety Canada Podcast

#Ouranxietystories (OAS) welcomes guests from all walks of life to share their personal stories about anxiety and related disorders, like OCD. OAS podcasts provide education, insight, and inspiration.

[LISTEN TO OUR PODCAST](#)



**#OurAnxietyStories**

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#### Important Notice

As of April 30, 2025, AnxietyCanada.com will no longer be updated, refreshed, or monitored. This includes French translations, which may be incomplete or imperfect. The website will remain live and accessible until March 2026.

#### Avis important

À compter du 30 avril 2025, le site AnxietyCanada.com ne sera plus mis à jour, actualisé ni surveillé. Cela inclut les traductions en français, qui pourraient être incomplètes ou imparfaites. Le site restera accessible jusqu'en mars 2026.