

Understanding Anxiety

WHAT ANXIETY FEELS LIKE?



You Cannot Focus

Anxiety can disrupt your ability to focus, as intrusive thoughts and worries take over your mind.



You Worry too much

Constantly overthinking or expecting the worst is a hallmark of anxiety, often making small challenges feel overwhelming.



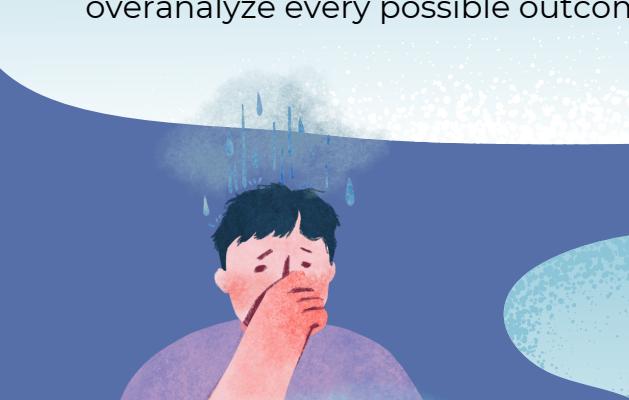
You Feel Restless

Anxiety often manifests as a restless energy, leaving you unable to relax or feel at ease.



You Overthink Everything

Even simple decisions can become exhausting as anxiety pushes you to overanalyze every possible outcome.



You Avoid Situations

Anxiety may lead to avoiding places, people, or tasks out of fear or discomfort, limiting your daily life.



Need Help?

Texas Health and Human Services (HHS) offers anxiety treatment through Local Mental Health Authorities (LMHAs).



hhs.texas.gov