

MISCONCEPTIONS ABOUT ANXIETY

MYTH

Anxiety is rare

Medication is the only way to manage anxiety

Just relax! Everyone gets stressed sometimes

People with anxiety should just avoid stressful situations

People with severe anxiety get panic attacks

REALITY

33.7% of Americans will experience an anxiety disorder in their life

There are many ways to treat anxiety, including therapy and mindfulness

Anxiety disorders go beyond everyday stress and often require treatment to alleviate symptoms

Stress is unavoidable. Part of managing anxiety is learning effective coping strategies for stress

There are many types of anxiety. Anxiety can cause panic attacks, but not always