



Anxiety

Everyone experiences anxiety from time to time, but when symptoms are overwhelming and constant — often impacting everyday living — it may be an anxiety disorder. Help is available. (NAMI)

For an overview, types of anxiety, symptoms, diagnosis, treatment, related conditions, and support go to

Nami - Anxiety

<https://www.nami.org/types-of-conditions/anxiety-disorders/>

Other resources

Mental Health Information – Anxiety

<https://www.nimh.nih.gov/health/topics/anxiety-disorders>

Mental Health America – Anxiety

<https://www.nimh.nih.gov/health/topics/anxiety-disorders>

Women’s Health – Anxiety

<https://womenshealth.gov/mental-health/mental-health-conditions/anxiety-disorders>

Teens and College Students and Anxiety and Depression

<https://adaa.org/find-help/by-demographics/teens-college-students-anxiety-depression>

Social Anxiety Disorder

<https://mhanational.org/conditions/social-anxiety-disorder/>

Understanding Panic Disorder and Panic Attacks

<https://jedfoundation.org/resource/understanding-panic-disorder-and-panic-attacks/>

Helpful coping strategies for anxiety

Spring Health

<https://www.springhealth.com/blog/coping-skills-for-anxiety>



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Mayo Clinic

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/11-tips-for-coping-with-an-anxiety-disorder>

Download Coping Skills Worksheet.

<https://www.therapistaid.com/therapy-worksheet/coping-skills-anxiety>

When to seek help:

<https://drakeinstitute.com/articles/anxiety/how-to-tell-if-your-anxiety-requires-clinical-treatment>

Videos on Anxiety

Father Mike Schmitz

<https://www.youtube.com/watch?v=LAqFrcKWfYU>

Father Josh

<https://ascensionpress.com/blogs/podcasts/oed-anxiety-and-therapy>

Bishop Baron

https://www.wordonfire.org/videos/wordonfire-show/wof-477-5-ways-faith-can-free-you-from-anxiety-depression/?_gl=1*17izstj*_up*MQ..*_ga*Nzk0ODE0NTU4LjE3NDI3NzY5MDM.*_ga_4081DYV3TL*MTc0Mjc3NjkwMy4xLjAuMTc0Mjc3NjkwMy4wLjAuMA..

Caregiver support

<https://www.couragetocaregivers.org/blog-onepaggers-1/2021/8/15/generalized-anxiety-disorder>

See also the tab for Caretaker Support on the main Mental Health page.

For more information, resources or Catholic therapists, contact Rich at hello@thechurchofstluke.org