Anxiety

What is anxiety?

Anxiety is a state of apprehension and fear resulting from the perception of a threat to one’s self; a deep sense or feeling that things are not right. It can be a symptom or a manifestation of a psychiatric disorder. It is also normal for increased anxiety to be seen near the end of life.

Signs and Symptoms

- Fear or worry
- Sleeplessness, nightmares
- Confusion
- Tension
- Shaking
- Rapid breathing or heartbeat
- Unable to relax

Management

☐ Maintain a calm environment
☐ Keep a journal of your thoughts and feelings
☐ Relaxation techniques, deep breathing
☐ Soothing music
☐ Positive self-talk
☐ Avoid caffeine
☐ Exercise, if able
☐ Provide assurance and support

Treatment

☐ SSRIs (Celexa, Zoloft)

☐ Benzodiazepines (Alprazolam, Lorazepam)

☐ Other

What should I communicate to the hospice team?

☐ Any signs and symptoms listed above
☐ Need for emotional or spiritual support
☐ Worsening anxiety
☐ Concerns about illness

If you need help with your symptoms, call VNA 24hrs a day:

214-689-0000

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