

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