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BLOG

Is Your Worry More Than Everyday Worry?

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Check in With Yourself

- Does my worry drift from topic to topic?
- Is it hard to switch off, even when I try?
- Has it shown up most days for months?

Signs Beyond the Worry

- Feeling restless or on edge
- Headaches or a tight, aching body
- Trouble falling or staying asleep

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Next Steps

- Mention physical signs at a visit
- Ask about CBT or ACT
- Thoughts of suicide? Call or text 988

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Read the full article

Worrying All the Time? Everyday Worry vs Generalized Anxiety Disorder

hopebehavioralmedicine.com

(843) 737-0312

General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.