

Anxiety is defined as a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.



TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved. PS1021x834 (11/21) This document is protected as privileged and business sensitive pursuant to FOIA Exemption 4 as a result of commercial and financial information contained herein.





Symptoms of anxiety include:

- Restlessness, and a feeling of being "on-edge"
- Uncontrollable feelings of worry
- Increased irritability
- Difficulty concentrating
- Problems falling or staying asleep







So how do you know when you need to get help? If you are experiencing these symptoms to an extreme level that disrupts your daily life, it's time to see your doctor.

Visit <u>www.tricare-</u> <u>west.com/go/learningcenter</u> for a recorded class on this topic.







3



Looking for additional help with your anxiety?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: <u>www.tricare-</u> west.com/go/DMFAQ.



