

HOW TO HELP SOMEONE WITH AN ANXIETY DISORDER

- Be predictable, don't surprise them.
- Don't assume that you know what the affected person needs, ask them.
- Let the person with the disorder set the pace for recovery.
- Find something positive in every attempt at progress.
- Don't sacrifice your own life activities too often and then build resentments.
- Don't get emotional when the person with the disorder panics.
- Never ridicule or criticize a person for becoming anxious or panicky.
- Encourage them to seek out therapy.

Signs of *Overthinking*

- Second guess everything
- analyze things to death
- catastrophize or expect the worst
- Have insomnia
- Hate making decisions
- Would rather someone decides for you
- Regret often
- can't let things go
- Take things personally when they aren't
- Are a perfectionist
- Criticize yourself a lot
- Never feel 100% certain
- Feel tense
- Feel like you can't turn your brain off