

# Enterhealth Mental Wellness Anxiety Podcast Script

Thank you for joining us for a podcast prepared for you by the experts at Enterhealth, a national provider of medically based mental health and substance use treatment services. In this podcast, we'll cover the basics for an issue affecting nearly one in five Americans – anxiety.

In everyday life, we tend to use words like worry, stress and anxiety interchangeably, but it's important to understand the differences between these experiences.

When you worry, your mind dwells on negative thoughts, uncertain situations or bad things that could happen, often in a repetitive way. To put it simply, you experience worry in your mind, not in your body.

On the other hand, stress is your body's physiological response to real or perceived external stressors. Often referred to as fight or flight, stress can be triggered by things like important work deadlines or medical test results.

If you combine the cognitive element of worry with the physiological response of stress, you get anxiety, an experience that affects both your mind and your body. And while it's normal to deal with anxiety from time to time, it can start to take a toll on your life if you experience it frequently.

So what causes anxiety? It's often difficult to pinpoint the exact cause of anxiety from person to person, but science has shown us that a variety of factors can contribute to it.

As you might expect, your current life situation plays a major role in anxiety. Common experiences like arguing with a spouse, working a high-stress job, caring for a sick loved one or struggling to pay bills can all contribute to increased anxiety.

If you grew up in an environment where security and stability were challenges, it could be a factor in your anxiety levels as an adult. From feeling like an outsider at school to not having basic needs met at home, your past life experiences can directly affect how you respond to situations now.

Studies show that anxiety can run in families, and medical conditions like heart disease, diabetes and hormone disorders can be linked to increased anxiety levels. And although it may feel like a beer or a glass of wine can take the edge off in the evening, alcohol can actually increase your anxiety in the long run.

So how do you know if your anxiety is a serious problem? In most cases, it's difficult to determine that on your own, which is why you should consult with a professional who can give you an assessment. But there are signs you can look for.

When anxiety is affecting you mentally, you may worry excessively, have difficulty concentrating or feel irritable and agitated. If you experience muscle tension, restlessness, fatigue or trouble sleeping, those may be signs that anxiety is impacting you physically.

A great way to manage anxiety is to start by making lifestyle changes. Eating a healthy diet, exercising regularly and getting enough sleep are important ways you can prevent physical symptoms of anxiety before they start. Limiting caffeine, quitting smoking and abstaining from alcohol can also work wonders in reducing anxiety's physical side effects.

While it may seem like a trendy practice, there is a growing body of research that supports meditation as an effective way to calm and control anxiety. Even simple exercises like breathing in for three counts and out for six counts can help quiet anxious thoughts or feelings in the moment.

Sometimes these lifestyle changes are not enough to keep the physical and mental symptoms at bay, and that's okay. Relying on professionals to help you maintain your mental wellness is just as important as your physical wellness. The good news is you have options.

Start by looking into the benefits offered by your employer or health insurance provider. You may find that your employee assistance program includes free counseling sessions, or your insurance may cover an assessment with a psychologist.

With the increase in conversations around mental health, there are also a growing number of services that provide convenient, telehealth sessions with licensed professionals. What's important is leaning on experts that can teach you strategies to manage your anxiety for good.

This concludes our podcast. If you or someone you know needs help with anxiety and is not sure what to do, reach out to Enterhealth by visiting [enterhealthmw.com](https://enterhealthmw.com). We're here for you when you need it most.