



MANAGING FEELINGS OF ANXIETY

What is Anxiety?

Sometimes described as fear or worry, anxiety is a feeling that things are not right or are out of control. It can be a normal feeling for patients and families facing the end-of-life. The ability to tolerate anxiety can differ from one person to the next and may depend on a person's cultural background, history, or other circumstances. Sometimes anxiety can become all-consuming or too distressing, and interferes with the ability to experience life and the comfort that is possible all the way through death. In that situation, it may be appropriate to seek help for anxiety.

Symptoms of Anxiety:

- Fear
- Persistent or obsessive thoughts or worries, a deep sense that something is not right
- Rapid breathing
- Tension
- Shaking and/or sweating
- Inability to relax or get comfortable
- Sleeplessness
- Confusion or difficulty paying attention or concentrating

Tell Your Care Team:

- Feelings that may be causing the anxiety (for example, fear of dying or worrying about money)
- Concerns about the illness
- A known history of anxiety and/or being on medication for anxiety, or in counseling for anxiety
- Problems with relationships with family or friends
- Spiritual concerns
- Signs and symptoms that the anxiety is getting worse



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How You Can Help:

Your team will help identify the cause for the anxiety and discuss treatments with the patient, family and the primary care provider.

Things you can do:

- Try interventions that have helped the patient's anxiety in the past
- Keep track of when anxiety may be worse than other times
- Have the patient write down their feelings and thoughts
- Treat physical problems such as pain that can cause anxiety
- Help the patient to participate in relaxing activities
- Keep things calm
- Limit visitors
- Play soothing music
- Massage the patient's back, arms, hands or feet
- Give ordered medications – your Care Team will discuss the medications with you

Need more information or help? Call 633-3400 24 hours a day, 7 days a week to get live help. Thank you for letting us help care for you and your loved ones.