

MANAGING ANXIETY / UNEASY FEELINGS

What is Anxiety?

A feeling or deep sense that things are not right

What are the symptoms of anxiety?

- Fear
- Worrying
- Sleeplessness
- Confusion
- Rapid breathing
- Tension
- Shaking
- Inability to relax or get comfortable
- Sweating
- Problems paying attention or concentrating

What to report to the Palliative Care Team?

- Feelings that may be causing the anxiety (for example, fear of dying or worrying about money)
- Concerns about the illness
- Problems with relationships with family or friends
- Spiritual concerns
- Signs and symptoms that the anxiety is getting worse

What can be done?

The team will try to find the cause for the anxiety and discuss treatments with you and your primary care provider.

Things you can do:

- Do things that have helped the anxiety in the past
- Write down your thoughts and feelings
- Treat physical problems such as pain that can cause anxiety
- Do relaxing activities
- Keep things calm
- Limit visitors
- Play soothing music
- Massage arm, back, hand or foot
- Give ordered medications – the team will discuss the medication with you