

Managing Anxiety

What is anxiety?

Anxiety is when you feel nervous or like something is wrong. It can make both patients and their families feel upset, but there are ways to manage it for many people.

Signs and symptoms of anxiety

- Feeling scared, worried, or confused
- Trouble sleeping, having bad dreams or nightmares
- Fast breathing or heartbeat
- Shaking
- Not being able to get comfortable
- Sweating

What can you do to help with anxiety?

The first step is figuring out what's causing the anxiety. Then, your care team will suggest ways to manage it. Here are some things you can try:

- Treat pain and take your medicine as directed.
- Try relaxing activities like yoga, writing, or listening to calm music.
- Limit visitors.
- Avoid drinks with caffeine or alcohol.
- Let family, friends, and the care team help you.

What should you tell your care team?

- Things that might be causing your anxiety, like fears
- Any questions you have about your illness
- Problems with family or friends
- Concerns about your faith or spirituality
- If you notice your anxiety getting worse

Other helpful resources

Anxiety Stoplight Tool

Hospice Training for Caregivers and Families Video: Anxiety

Using Lorazepam (Ativan) to Treat Anxiety