

# EASY READING BROCHURE

## Anxiety

**An information brochure for adults  
with low English literacy**



**EASY READING**



Vecova Centre for Disability Services and Research is a leading-edge, registered not-for-profit charitable research and service organization that has been building the capacity of persons with disabilities and enriching communities through leadership, innovation and collaboration since 1969. Affiliated with the University of Calgary we are recognized as a leader in the field of disability services and research.

The following publication Anxiety was originally written by Kathleen Worton, The Vocational and Rehabilitation Research Institute, now Vecova Centre for Disability Services and Research in 2009 with funding provided in part by the Calgary Region Community Board Persons with Developmental Disabilities. Anxiety has been updated by Vecova Centre for Disability Services and Research in 2012.



© 2012 Vecova Centre for Disability Services and Research

All rights reserved. The use of any part of this publication, whether it is reproduced, stored in a retrieval system or transmitted in any form by any means (including electronic, mechanical, photographic, photocopying or recording), without the prior written permission of Vecova Centre for Disability Services and Research is an infringement of copyright law.

#### Disclaimer

The content of Anxiety is provided for information purposes only and does not constitute legal advice. No legal liability or other responsibility is accepted by or on behalf of Vecova Centre for Disability Services and Research or its members, officers, employees or advisors for any errors, omissions, or statements contained in the publication. The Vecova Centre for Disability Services and Research accepts no responsibility for any loss, damage or inconvenience caused as a result of reliance on the publication.

#### **Vecova Centre for Disability Services and Research**

3304, 33rd Street NW, Calgary, AB T2L 2A6

Tel: 403.284.1121 Fax: 403.284.1146

[www.vecova.ca](http://www.vecova.ca)



## What is an Easy Reading Brochure?

Plain language is a way of writing so that more people can understand the information. There are some things we do with plain language that you would not see out-side of plain language.

For example, words like understand and outside, used in the first paragraph, have a - in the middle. This helps to make a longer word that is made of more words, easier to read.

We also use things like square brackets and definitions:

### Square Brackets [ ]

Some-times you will see square brackets, like these [ ], beside a word. The letters between the brackets are there to help people learn how to say the word.

### Definition Box

Some words you see will have a box around the word like "Definition Box" to the left. Beside each box, there will be a paragraph that has an line around it, like this one. This is to help people learn what the word means.

**In 2009, 6.3% of  
Canadians were diagnosed  
with a mood disorder such  
as depression.**

- Statistics Canada

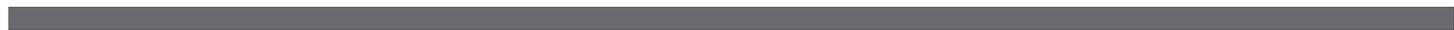
**You will learn about:** .....

..... **1** **What is Anxiety?**

..... **2** **What Can You Do if You are Anxious?**

..... **3** **What is an Anxiety Disorder?**

..... **R** **Resources**



**62% of highly stressed workers identified work as the main source of their stress.**

- The Daily, Statistics Canada

## 1 What is Anxiety?

### Anxiety [ang-zeye-it-ee]

When you feel scared, worried, or nervous about a bad event that may happen. But you do not know if the event will happen for sure.

Anxiety is not the same as fear.

Fear is:

- What you feel when scary things happen
- What every-one feels when they are in danger

Anxiety is:

- When you worry that some-thing scary could happen
- Some-thing you feel when you are safe and not in danger

Anxiety is not the same thing as fear

Every-one can feel anxious at times

Anxiety is not always bad, it can help you be on time and alert

Many things can cause anxiety like a new job or a visit to the doctor

## Who Gets Anxious?

Every-body feels  
anxious [ank-sh-iss] some-times!



### Anxious

You feel nervous or worried.

Most people get anxious about things  
that are new and different.

It is okay to feel anxious some-times.

This is normal.



## What Does Anxiety Feel Like?

Anxiety does not feel the same for every-one.

Here are some ways you may feel when you are anxious:

- Your body may hurt
- Your heart may beat very fast
- Your breathing may be very fast
- Your mouth may be dry
- Your body may shake
- It may be hard to sleep
- It may be hard to stay on task
- You may not be able to sit still
- You may feel sick
- You may feel unsure or mad



## **Why Do You Get Anxious?**

A little anxiety can be good!

It can help us to get things done.

- You may feel anxious about being late
- You may get ready very early so you are on time

Anxiety can also help us to act in ways to keep us safe.

- Anxiety helps us to be alert
- If you are alert when you cross the street you will be sure all the cars have stopped

Anxiety helps us to be ready.

- You may be worried that you will get lost
- You may plan how to get some-where before you leave the house



## What Causes Anxiety?

Here are some things that can give you anxiety:

- A speech to a group of people
- A visit to the doctor or the dentist
- A new job
- Tests
- New people
- New places
- Bad health
- The loss of some-one or some-thing important to you like a friend, helper, or job



## ② What Can You Do if You are Anxious?

If you try to relax [ree-lax], you can feel less anxious.

### Relax

You rest and are calm.

▶ There are many things you can try to feel less anxious like:

- Stay healthy
- Talk to some-one you trust
- Be prepared

Here are some ways to relax:

- Take slow, deep breaths
- Close your eyes and think of some-thing that makes you happy
- You can go for a walk or play games
- Talk to some-one you trust about what makes you anxious
- Write down some of your thoughts
- Do a fun activity, like listen to music, watch a movie or draw

## How Can You Try to Stop Anxiety?

You can try to stop anxiety if you change the way you think.

When you think of the bad things that can happen, you feel more anxious.

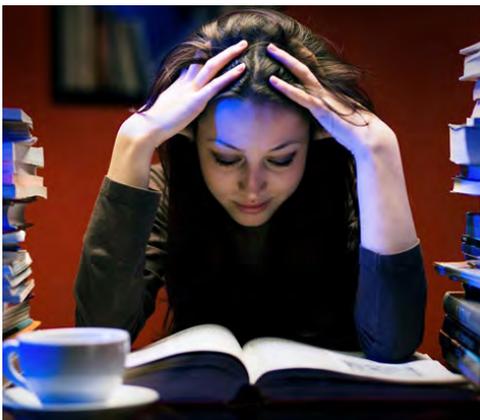
Do not think: What if?

This can lead to ideas that make you anxious:

- What if I do bad on this test?
- What if people do not like me?
- What if I am not good at my job?

Try to think of good things!

Think, "I can do this" or "I will be okay."



Here are some other ways you can try to stop anxiety:



- Stay healthy
  - If you get lots of sleep, stay active, and eat healthy foods, you will feel less anxious
- Practice [prac-tiss]
  - If you do things more often, you will not worry about them as much
  - This helps when you need to write a test or meet new people
- Talk to some-one you trust
  - When some-thing makes you anxious, talk to some-one
  - When you are worried about some-thing you do, this person can show you how
- Be prepared [pre-pair-d]
  - You can plan what to do when you try some-thing new
  - When you go to a place where you might meet new people, think of things to talk about with them
- Do not be scared to make a mistake [miss-take]
  - Every-one makes mistakes some-times
  - Mistakes are how we learn



3

## What is an Anxiety Disorder?

▶ If the anxiety does not go away and nothing makes you feel better, you may have an anxiety disorder

Some-times anxiety is very strong and it is hard to make it go away.

When anxiety is very bad, you may not do things that you need to do.

When some-thing you were worried about is over, you may still feel anxious.

This can be an anxiety disorder [diss-or-der].

This is when you need to ask some-one for help.



## Generalized Anxiety Disorder



### Generalized [gen-er-al-eyes-d] anxiety disorder

Anxiety is very strong and you are anxious most of the time.

You might have this disorder if:

- You are worried and feel anxious most of the time
- You do not know why you feel this way
- Nothing makes you feel better
- You feel this way for a long time (over 6 months)
- You feel anxious about many things
- You feel anxious in lots of places

If you feel this way, see your family doctor.

A family doctor can help you feel better. They can tell you if you have an anxiety disorder.



## Who Can Help?

You can get help to deal with your anxiety.

You may know people who can help you:

- Friends or family
- Your family doctor

You can also see a psychologist [sigh-call-a-gist]

## Psychologist

A person who helps people with their mental health.



A psychologist can help you deal with your anxiety.



**Anxiety and stress are  
something we all face in  
our lives.**

- Anxiety BC

## Resources



### Place in Calgary You Can Get Info

Here is a list of some of the places you can go in Calgary to learn more about anxiety.

#### Access Mental Health

- Phone: 403-943-1500
- Web-site: [www.albertahealthservices.ca/services.asp?pid=service&rid=2381](http://www.albertahealthservices.ca/services.asp?pid=service&rid=2381)

This place can:

- Provide accurate info about mental health services
- Helps ensure you get the right services

#### Canadian Mental Health Association

- Phone: 403-297-1700
- Web-site: [www.calgary.cmha.ca/](http://www.calgary.cmha.ca/)

This place can:

- Help you deal with many different problems

## Places in Calgary You Can Get Help

Here is a list of some of the places you can call if your anxiety is very bad and you need help right away.

### **Calgary Distress Centre**

- Phone: 403-266-1601
- 24 Hour Crisis Line: 403-266-4357
- Email: [help@distresscentre.com](mailto:help@distresscentre.com)
- Website: [www.distresscentre.ab.ca/](http://www.distresscentre.ab.ca/)

This place offers:

- 24 hour support for free

### **Alberta Mental Health Board Mental Health Help Line**

- Phone: 1-877-303-2642

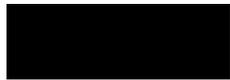
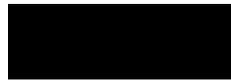
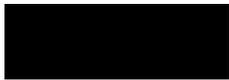
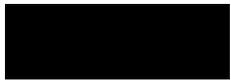
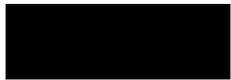
Please think of the environment when printing this brochure.

Please print double sided.

Anxiety is an information brochure developed for adults with low English literacy created by Vecova, located in Calgary, Alberta, Canada.

403.284.1121

[www.vecova.ca](http://www.vecova.ca)



Funding for this brochure was provided by:

