

# Understanding anxiety disorders in later life



### What is anxiety disorder?

- Anxiety is a natural response to things we think may cause us harm. This is usually mild and short-lived.<sup>1</sup>
- When feelings of anxiety prevent us from being able to do everyday things, there may be a problem.<sup>1</sup>
- People with anxiety disorders have consistent, vague worries that are combined with physical reactions.<sup>2</sup>

### What does anxiety disorder look like?<sup>1</sup>

**Mood:** anxious thoughts or beliefs

**Actions:** avoiding specific things or situations

**Physical:** feeling restless or irritable, difficulty sleeping, sweating, dizziness, nausea, trembling or increased heart rate

### How can I stay well?<sup>1,3</sup>

- Be active
- Eat a well-balanced diet
- Create a routine for going to bed
- Lean on your loved ones for support
- Set small goals

## Where can I get help?



Resources and support for mental health and addictions are available in your community.

For more information, connect with any of the following organizations:

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### ConnexOntario

Contact for 24/7, confidential and free information about mental health, addiction and problem gambling services throughout Ontario.

[www.connexontario.ca](http://www.connexontario.ca)  
1-866-531-2600

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**Canadian Coalition for Seniors' Mental Health** [www.ccsmh.ca](http://www.ccsmh.ca) 289-846-5383

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**Canadian Mental Health Association**  
<https://ontario.cmha.ca/>  
1-800-875-6213

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**Centre for Addiction and Mental Health**  
[www.camh.ca](http://www.camh.ca) 1-800-463-2338

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**Community Information Centres**  
[www.211Ontario.ca](http://www.211Ontario.ca) Dial 211

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**Mood Disorders Association of Ontario**  
[www.mooddorders.ca](http://www.mooddorders.ca)  
1-888-486-8236

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**Senior Active Living Centres**  
<https://www.ontario.ca/page/find-seniors-active-living-centre-near-you>  
1-888-910-1999

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## Resources

Anxiety disorders: An information guide, Centre for Addiction and Mental Health  
<https://www.camh.ca/-/media/files/guides-and-publications/anxiety-guide-en.pdf>

BounceBack Ontario® 1-866-345-0224 <https://bouncebackontario.ca/adults-19/>

## References

1. Rector, N., Bourdeau, D., Kitchen, K., Joseph-Massiah, L. & Laposa, J. M. (2008). *Anxiety disorders: An information guide*. CAMH. Toronto, ON: Centre for Addiction and Mental Health.
2. Mochcovitch, M.D., Deslandes, A.C., Freire, R.C., Garcia, R.F. & Nardi, A.E. (2016). The effects of regular physical activity on anxiety symptoms in healthy older adults: A systematic review. *Revista Brasileira de Psiquiatria*, 38(3), 255-261.
3. Anxiety Canada. (n.d.). *Anxiety at home, work, and in the community*. Available: <https://www.anxietycanada.com/adults/anxiety-home-work-and-community>. Accessed February 5, 2020.

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