

What about Obsessive Compulsive Disorder (OCD)?

Obsessive-compulsive disorder is characterized by uncontrollable and unreasonable thoughts and fears (obsessions) that lead to compulsive and repetitive behaviors, like hand washing or checking doors. OCD can be very disruptive to one's daily functioning as well as relationships. There is a misconception that OCD is a type of anxiety. However, this is not the case. While it is true that anxiety and OCD share many symptoms, it is also true that you can have OCD symptoms and behaviors without experiencing anxiety.

"You're so OCD," "that's so OCD" are phrases that have become commonplace to use to describe behaviors that are very organized, specific or even peculiar. Using these phrases casually undermines how challenging and distressing it can be to live with OCD. Language matters!



Some Tips for Decreasing Anxiety:

- **Relaxation strategies like deep breathing, grounding, and/or meditation**
- **Free apps like Headspace, Calm, Stop, Breathe, Think**
- **Moving your body**
- **Journaling**
- **Talking about it to a friend or a professional**

Don't give up if one strategy doesn't work for you. Keep trying other strategies. Everyone is different!

It is important to share your feelings with someone who can get you the right help.

You can call Teen Line any night between 6-10 PM PST at **800-852-8336** or text "**teen**" to **839863** between 6-9 PM PST. You can also visit our website at **www.teenlineonline.org** to email us.

Our teens are there to listen to you. They have been trained in ways to help and support you, as well as figure out ways to cope and what you can do next.



With Appreciation,



Accredited by the American Association of Suicidology

You worry about everything and anything.
We get it.



teens helping teens

www.teenline.org



Struggling with Anxiety?

Struggling with anxiety? You're not alone...Nearly 1 in 3 teens ages 13-18 have some type of anxiety disorder. But that doesn't mean anxiety has to rule your life. Anxiety is treatable and manageable with the right support.

Anxiety and stress are words that are used somewhat interchangeably, but they are actually different. Stress is generally short term in response to a specific situation or trigger, like an upcoming test or interview. Anxiety can linger and may not have a specific trigger.

Stress and anxiety are both part of our body's natural "fight or flight" response and can occur automatically without your awareness. Sometimes, this automatic response can be useful to keep you alert and aware of a real or perceived threat. However, sometimes this response can be detrimental and can interfere with everyday life. You can think of anxiety like a smoke alarm. A smoke alarm protects you from a real fire, but can be disruptive if it's too sensitive or goes off when there isn't really a fire, like when you burn a piece of toast..

In some cases, anxiety stems from our biology and in other cases it stems from what happens in our life. Often, it's a mixture of biology and life events. It can also be intensified by things like excessive consumption of social media, substance use, or trauma. Physical health can also be a factor.

If anxiety is interfering with your daily functioning, it's important to get help and support.



What are some symptoms of anxiety?

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Hyperventilating (Breathing rapidly)
- Sweating
- Headaches
- Muscle tension
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing stomach problems or change in appetite
- Having difficulty controlling worry or excessive worry that is out of proportion to the event
- Having the urge to avoid things that trigger anxiety

Different types of anxiety:

Generalized anxiety usually includes persistent and excessive anxiety and worry about activities or events. Generalized anxiety can also be experienced without any triggering event at all. The worry is out of proportion to the actual circumstance, is difficult to control and often affects how you feel physically.

Panic attacks involves repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes. Common symptoms are feelings of impending doom, shortness of breath, chest pain, or heart palpitations (rapid or pounding heart). It's not uncommon to think you are dying or having a heart attack. Having one panic attack may lead to worrying about them happening again or avoiding situations in which they've occurred.

Social anxiety involves high levels of anxiety, fear and avoidance of social situations due to feelings of embarrassment, self-consciousness and concern about being judged or viewed negatively by others.

Phobias are characterized by major anxiety when you're exposed to a specific object or situation, and a resulting desire to avoid it. Some common phobias are fear of heights, spiders or snakes. Phobias can provoke panic attacks in some people.