Anxiety
Occasional anxiety is a normal part of life, but anxiety disorders involve more than temporary worry or fear. Those with the disorder have feelings that can interfere with daily activities in work, school, and relationships. There are several types of anxiety disorders.

General anxiety symptoms include restlessness, feeling wound-up or on edge, easily fatigued, difficulty concentrating, irritability, muscle tension, difficulty controlling worry, and sleep apnea.

Treatments may include psychotherapy (Cognitive Behavioral Therapy), medication, and support groups. Family and friends can help by learning about the disorder and being understanding.

Preparing For An Emergency
Most emergencies happen when we least expect it. Being prepared for those emergencies helps us respond appropriately.

Ready, a campaign through FEMA, suggests three simple steps to prepare for potential emergencies.

- Compile two emergency supply kits. (One for your home and one for your car, or office)
- Make a family emergency plan.
- Be informed about different types of emergencies that could occur and their appropriate responses.

Everyone should have basic supplies on hand in order to survive for at least three days.