





## Symptoms of anxiety include:

- Restlessness, and a feeling of being “on-edge”
- Uncontrollable feelings of worry
- Increased irritability
- Difficulty concentrating
- Problems falling or staying asleep



So how do you know when you need to get help? If you are experiencing these symptoms to an extreme level that disrupts your daily life, it's time to see your doctor.

Visit [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter) for a recorded class on this topic.



Looking for additional help with your anxiety?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ).