



# Department of the Air Force RESILIENCE

SUPPORTING BOTH OUR AIR AND SPACE FORCES AND FAMILIES



Prevention - #1

## Medical/Mental Health

### ANXIETY/NERVOUSNESS

There are generally two types of anxiety. Common (or “normal”) anxiety is an unpleasant sense of discomfort that is a normal reaction to stressful life events. As long as the individual experiencing common anxiety is not overly distressed by the experience and the symptoms do not impair their functioning in important areas of life, such as work, school or social relationships/responsibilities, there may be no need to seek treatment. Clinical anxiety is more disruptive to an individual’s functioning and may have more serious or long-term effects.

### Signs Wingmen Should Know/Look For

- Emotional (e.g., feeling stressed, sad, worried, or irritable).
- Physical (e.g., muscle tension, upset stomach, increased heart rate).
- Behavioral (e.g., altered eating or sleeping habits; becoming more argumentative; increased use of substances, such as tobacco, caffeine, or alcohol; social withdrawal).
- Anxiety that requires medical treatment, which may include:
  - Panic
  - Symptoms of post-traumatic stress
  - Severe uncontrollable worry
  - Uncontrollable urges to engage in behaviors, such as cleaning, checking, or hand washing

### Recommended Wingman Action

- Be vigilant for unhealthy coping responses, such as alcohol or drug abuse.

### Leadership Considerations

- Ensure the person is safe at the workplace if he/she works in a potentially dangerous environment and/or where a high level of constant focus/concentration is required (weapons bearing, aircraft maintenance, Personnel Reliability Program (PRP) duty, working with electricity, etc.).
- If the member does not seek treatment voluntarily and anxiety is believed to be having a significant impact on duty performance or safety, consult with a Mental Health Provider about the appropriateness of a Commander Directed Evaluation.