

## What can you do if feeling anxious?

**Stop.**

**Breathe.**

**Assess.**



*Remind yourself that this will pass.*

You may wish to consult a counsellor, psychiatrist, or health care professional to learn other techniques to manage anxiety and improve sleep before you speak to your doctor about options for medication.

## If your doctor suggests Benzodiazepine medication:

Take time to understand the possible risks (dependency) and adverse effects of Benzodiazepine use.

Understand the need to avoid alcohol while taking Benzodiazepine medications.

Ask your physician to place you on Benzodiazepines for a short period of time, possibly for a maximum of 15 days with a follow up visit after that time.

Review this pamphlet with your physician and ask for **referrals to a counsellor** or other resources such as **yoga classes, tai chi** or **relaxation classes**.

## For further help for you or your physician contact:

TRANSITIONS, RICHMOND HEALTH SERVICES

**604 244 5488**

RASS (RICHMOND ADDICTION SERVICES)

**604 270 9220**



# Anxious?

**Tense, Nervous, Agitated,  
Stressed, Irritable, On Edge  
Can't Sleep?**

*Does this describe you?*

## What is anxiety?

The body's normal response to perceived stress or danger is to act as if the body is in danger. Thus the heart rate increases, sweat glands produce more, breathing becomes short and fast.

## When does anxiety become a problem?

When symptoms last too long, occur too often or stop you from doing things that you need or want to do, it may be time to learn techniques to manage anxiety.

## When is not sleeping normal?

Difficulty sleeping may be a short-term result of stress and anxiety, change in time zone, altered sleep schedule, excess caffeine consumption or be a normal sign of aging.

**Most health professionals and physicians suggest that managing your symptoms *without* medication is the best way to handle anxiety and/or sleep disorder.**



### BENZODIAZEPINES

**Alprazolam** (Xanax)  
**Bromazepam** (Lectopam)  
**Chlordiazepoxide** (Librium)  
**Clobazam** (Frisium)  
**Clonazepam** (Rivotril)  
**Clorazepate** (Tranxene)  
**Diazepam** (Valium)  
**Estazolam** (ProSom)  
**Flunitrazepam** (Rohypnol)  
**Flurazepam** (Dalmane)  
**Lorazepam** (Ativan)  
**Nitrazepam** (Mogadon)  
**Oxazepam** (Serax)  
**Temazepam** (Restoril)  
**Triazolam** (Halcion)

### Z-DRUGS

**Zaleplon** (Stanoc)  
**Zolpidem** (Ambien, Starnoc)  
**Zopiclone** (Rhovane Imovane)

Benzodiazepines are easy to become dependent on.

Public perception is that illegal street drugs are a bigger problem than prescription-drug misuse, but that's not the reality.

Women are twice as likely to be prescribed Benzodiazepines.

Benzodiazepines are not recommended for people over 65 years yet the older you are the more likely you will be prescribed a Benzodiazepine.

Years of research indicate that to be most effective Benzodiazepines should be prescribed for no more than two weeks of continuous use.

After a few weeks they are not as effective and the dose has to be increased or the anxiety increases.

Certain Benzodiazepine drugs such as Halcion and Xanax, may induce serious side effects, including depression, hallucinations, amnesia and violent behaviors.