

ANXIETY

Tips from Wisconsin National Guard Service Members



Anxiety affects us all.

Maj. Gen. Paul Knapp, Wisconsin National Guard Adjutant General, shares how he recognizes and deals with anxiety.

How do you recognize that you're anxious about something?

“When I’m anxious about something I notice that I can’t stop thinking about it and have a difficult time concentrating on other things.”

How does your body react to anxiety?

“When I’m anxious or nervous, I have a hard time sleeping. When I do get to sleep, I often wake up in the middle of the night or early morning. As TAG, this is a very regular occurrence.”

What do you do to overcome anxiety?

“My primary mechanism to overcome anxiety is to talk about the issue, usually with my wife, if it’s personal, or with my staff if it’s work-related. I also like to write down a plan of action and make a “to do” list. This is especially helpful in the middle of the night, because then I’m more comfortable sleeping, knowing I have a plan of action ready to go when I wake up.”