



## What is Anxiety?

It is normal to experience anxiety or fear when faced with some situations, in fact it can even be useful. But when anxiety becomes so severe that it impacts on a person's ability to function in their day to day life, it may be diagnosed as an Anxiety Disorder.

### Warning Signs and Symptoms can include:

- Excessive worry or anxiety
- Mind racing
- Feeling nervous, restless or on edge
- Difficult to relax or stay calm
- Get tired easily, or trouble sleeping
- Heart racing
- Difficult to do activities like work, study or socialise
- Avoiding anxiety provoking situations
- Using drugs or alcohol to cope with anxiety
- Sore muscles

### How Common Is It?

Anxiety is the most common mental health problem in the United States. As many as 14 percent of people experience anxiety severe enough to be diagnosed as a disorder in any one year. It is more common in women than men.

### Types of Anxiety Generalised Anxiety

- Panic attack or panic disorder
- Specific Phobias & Social phobia
- Post Traumatic Stress Disorder
- Obsessive Compulsive Disorder

<b>GENERALIZED ANXIETY DISORDER</b>  Excessive, unrealistic worry and tension, even if there is little or nothing to provoke the anxiety.	<b>PANIC DISORDER</b>  Feelings of terror that strike suddenly and repeatedly with no warning.  Sweating, chest pain, irregular heartbeats and a feeling of choking, which may make the person feel like he or she is having a heart attack or "going crazy."	<b>OBSESSIVE-COMPULSIVE DISORDER</b>  Constant thoughts or fears that cause them to perform certain rituals or routines.  For example: Someone with unreasonable fear of germs who constantly washes their hands.
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### Who Can Help?

Anxiety is very treatable, though each individual may seek help in different ways. Self help books and online programs have been shown to be very effective, as well as mindfulness practice, meditation, and other relaxation techniques.

Talking with a psychologist or counsellor can also help. In severe cases, medication can be prescribed to alleviate symptoms while the person seeks other support or treatment.

