



BEING ANXIETY AWARE



WHAT IS ANXIETY?

Anxiety is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where a person feels under pressure, it usually passes once the stressful situation has passed, or 'stressor' is removed. Anxiety can linger long after the situation has passed.



WHAT CAUSES ANXIETY?

It is often a combination of factors that can lead to a person developing anxiety.

- Family history of mental health problems
- Stressful life events
- Physical health problems
- Substance use



TYPES OF ANXIETY, THEIR SIGNS AND SYMPTOMS

There are many types of anxiety, with a range of signs and symptoms. These can include fatigue, restlessness, sweating, lack of concentration, racing thoughts, unwanted thoughts, hyper-vigilance, irritability, excessive worry, insomnia, palpitations or trembling.



WHO CAN ASSIST?

- General Practitioners (GPs)
- Mental health Nurses
- Psychologists
- Psychiatrists
- Accredited Mental Health Social Workers
- Occupational therapists in mental health
- Aboriginal and Torres Strait Islander Health Workers
- Counselors
- Complementary health practitioners
- Friends and Family