

# WHAT IS ANXIETY?



**Anxiety is more  
than feeling  
worried or stressed**

When feelings of worry or stress will not go away, you may be experiencing anxiety.

## **Anxiety becomes a problem when it impacts:**

- Your everyday life, such as talking to people and leaving the house
- Being around friends
- Your work performance
- Participating in fun activities

## **Anxiety can make you feel:**

- In fear that bad things are going to happen
- Nervous all the time
- Out of control or in a state of panic
- Worried about leaving the house

## **People with anxiety may:**

- Experience shortness of breath
- Become dizzy or get headaches
- Have trouble sleeping
- Feel tense or have tight neck and shoulder muscles
- Feel their heart racing
- Sweat excessively
- Have trouble concentrating
- Feel tired for no reason or feel very awake and unable to rest

## **Ways to manage anxiety.**

- Learn more about anxiety
- Avoid drugs and alcohol
- Try to replace your anxious thoughts with positive ones
- Try to find ways in which you can relax, such as mindfulness, listening to music, drawing, going for a walk, etc.
- Eat well and exercise regularly
- Explore what makes you anxious so you are better prepared to know when it might pop up

**If you would like to reach out to discuss the mental health needs of yourself or a member, how to have a conversation or to make a referral, contact Jade, mental health & well-being consultant on:**

### **Email**

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