



ANXIETY

Fact Sheet | Principles | What Works

How Common Is It?

Anxiety is the most common mental health problem in Australia. As many as 14% 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

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.



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

To find out more about Recovery, access our free resources available at www.mhri.com.au/recovery-resources/