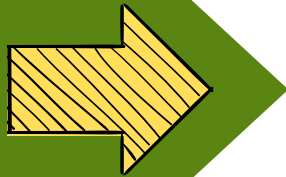


ANXIETY

Anxiety is part of the body's natural 'fight or flight' response to stress.

It can become a disorder when feelings of worry, fear or unease become excessive, persistent or interfere with daily activities.

Types of anxiety disorders...



- generalised anxiety
- panic disorder
- social anxiety
- obsessive-compulsive disorder
- post-traumatic stress disorder

Causes

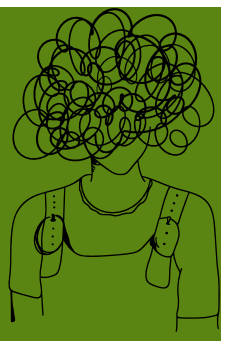
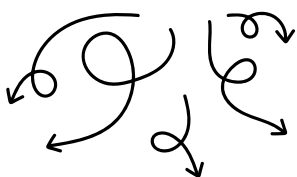
genetics, environmental factors and life experiences



Anxiety may feel like...

- nervousness
- rapid heartbeat
- racing thoughts
- irritable, agitated
- muscle tension
- shortness of breath
- being on edge
- nauseous or diarrhoea
- feelings of doom

Strategies to alleviate anxiety:



- deep breathing
- adequate sleep
- limiting caffeine and alcohol
- seek professional help to discuss therapy or medication treatment options
- regular exercise
- balanced diet
- participate in relaxing activities