

# Understanding Anxiety



Anxiety. We all know the feeling. That all too familiar sense of unease, discomfort and even panic.

And while a little bit of anxiety can actually be a good thing, too much anxiety can really impact our quality of life, as well as both our physical and mental health.

## Anxiety in Australia

Anxiety disorders are the most common mental health issue in Australia.

They affect 3.3 million people, or **one in every six Australians**, according to the Australian Institute of Health and Welfare.



## Common Symptoms

Anxiety hits people differently. Symptoms vary from person to person, though some common symptoms include:

### Emotional symptoms

- Excessive fear and worry
- Fatigue
- Feeling irritated or agitated
- Attention difficulties
- A pervasive fear of impending trouble
- Feelings of helplessness and control loss
- Avoiding potential anxiety triggers (situations or people)
- Sleep problems

### Physical symptoms

- Increased heart rate
- Shortness of breath
- Dizziness
- Nausea
- Chest pain
- Stomachaches
- Numbness in the legs and arms
- Headaches
- Sweating
- Hyperventilation

## Managing Anxiety

**Anxiety is highly treatable.** If your quality of life is suffering and things are getting to be too much - don't be afraid to get some professional help.

Some self-help strategies, such as regular sleep, exercise and mindfulness have been empirically proven to help alleviate the symptoms of anxiety. Sometimes, these self-help strategies are more than enough to get things under control.

In therapy, psychologists turn to proven frameworks, such as Cognitive Behavioural Therapy and Exposure Therapy to treat anxiety.



## Getting Help



Call us on **1300 151 110** to book an initial consultation with a compassionate psychologist.  
[www.unboundminds.com.au](http://www.unboundminds.com.au)