

UNDERSTANDING ANXIETY

INFORMATION ABOUT THE MOST COMMON TYPE OF MENTAL ILLNESS

Anxiety is excessive worry about a potential real or perceived threat that is difficult to control and causes distress or impairs normal functioning.

There are many types of anxiety, but the more common types are specific phobias (e.g. spiders or snakes), generalised anxiety, and social phobias.

SYMPTOMS OF ANXIETY

Symptoms can vary depending on the type of anxiety, but some common symptoms include:

- › Restlessness
- › More fatigued than usual
- › Impaired concentration
- › Irritability
- › Muscle aches
- › Difficulty sleeping
- › Sweating, nausea, diarrhoea
- › Difficulties in areas of life
- › Symptoms not related to other illnesses or mental disorders

Behaviourally, people with anxiety disorders will often avoid places or situations which may trigger anxiety, which many include social activities and the workplace.

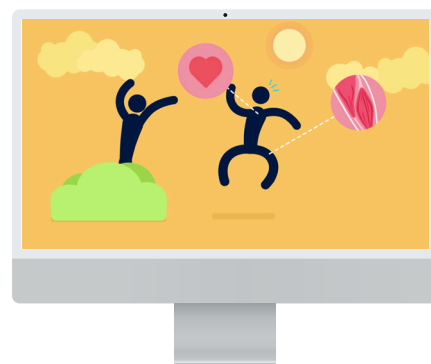


TREATMENT OF ANXIETY

Doctors might prescribe medication, and/or refer to a psychologist. Psychological treatments target thoughts and behaviours to limit the interference with normal functioning. Online resources will generally use similar cognitive and behavioural therapies.

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