

factsheet 3: managing anxiety

Anxiety is a felt, physical reaction often to a perceived threatening situation which activates the release of stress hormones, providing an energy burst that fuels the automatic 'fight or flight' response.



Signs & Symptoms

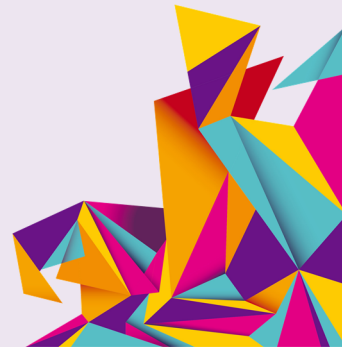
Anxiety can be present for many people in response to stressful events. Where it becomes excessive, it may indicate the presence of an anxiety disorder, which requires further investigation and treatment.

Physical symptoms include:

- Sweating, clammy hands.
- Stomach upset.
- Ringing in the ears, blurred vision, dizziness.
- Difficulty breathing in, over-breathing, tight chest, light-headed.
- Increased heart rate.
- Panic (sudden episodes of extreme anxiety or dread).

Psychological symptoms include:

- Fear.
- Irritability/restlessness.
- Poor concentration.
- Fatigue.
- Disturbed sleep.



some tips to help reduce anxiety...

At some point in time all of us will inevitably experience some level of anxiety. In the short-term anxiety can be useful to help direct focus, improve performance and motivate us.

However, if anxiety levels persist and overwhelm your capacity to concentrate, it can have a negative impact on your performance and your life.

Here are some simple tips to help control and reduce anxiety:

- Reduce or avoid stimulants such as caffeine and alcohol, as they can intensify anxiety levels.
- Take regular exercise.
- Ensure you take time out to relax.
- Establish a regular sleep pattern.
- If you notice an increase in anxiety, talk to someone you trust.
- Follow the 90:10 principle. Accept that 10 percent of life events are outside of your control, but recognise that 90 percent of the time you can control your reaction, this can turn the stress volume up or down.
- Avoid 'if only' thinking. You can learn from the past but you can't change it.
- Avoid 'what if' thinking. You can't predict the future.

Remember: If your anxiety persists or intensifies consult your GP as soon as possible.

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