

ANXIETY FACT SHEET

What is anxiety?

We all experience anxiety from time to time, it is a natural reaction to high-pressure and stressful situations, for example meeting deadlines, public speaking, or even doing something new and different. It can be hard to know when your anxiety is becoming too much. Some people experience anxious feelings for no apparent reason and they continue after the stressful event has passed.

Anxiety is more than a stressed or worried feeling, anxiety is when those feelings don't stop, when they continue and exist without a reason or cause. Anxiety is a serious condition that can affect your daily life and make it hard to cope. Someone who is diagnosed with anxiety finds it difficult to control these feelings.

What causes anxiety?

The cause of anxiety is different for everyone but it often develops from a combination of factors rather than one issue or event. Causes may include a family history of mental health problems, ongoing stressful events, physical health problems, substance use, or even personality factors.

Every person is different and you can't always find the cause of anxiety. The most important thing is to recognise the signs and symptoms and seek support.

What are the symptoms?

Anxiety symptoms are not always obvious as they often develop over time, and because we all experience anxiety from time to time it is hard to know how much is too much.

Common symptoms include:

- hot and cold flushes
- racing heart
- tightening of the chest
- snowballing worries
- obsessive thinking and compulsive behaviour.

These are some of the symptoms you might experience. If you experience any of these symptoms for more than a few days seek a health professional.

