

BHP Mental Health Month

Living with anxiety



What is anxiety?

Most people feel anxious from time to time, it is a normal response to stress and when the stressor is over, the anxiety usually goes away. But when anxiety gets uncontrollable, excessive or interferes with one's daily activities, this may be indicative of an anxiety disorder.

Signs and symptoms

Anxiety is not always obvious, Symptoms can be:

Physical

Behavioural

Thinking

Self care practices

The following practices may be helpful when feeling anxious:

Practice mindfulness and breathing techniques

Exercise to boost mood and wellbeing

Catch up with friends

Support

Talk to someone you trust about how you are feeling. If anxiety is interfering with your everyday life, talk with your doctor or healthcare professional.

Reflection Question

What practices help you manage anxious thoughts?

