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

Reflection Question
What practices help you manage anxious thoughts?

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.