

Let's talk about mental health

Living with anxiety



Learn more about anxiety in BHP's Thrive toolkit.

What is Anxiety?

A mental health disorder characterised by feelings of worry, anxiety or fear that are strong enough to interfere with one's daily activities.

Signs and symptoms

Anxiety is not always obvious.
Symptoms can be:

Physical

Behavioral

Thinking



Self-Care Practices

If you are feeling anxious or have an anxiety disorder:

Practice mindfulness

Exercise to boost mood

Catch up with friends

Support: EAP; Your Doctor; A trusted friend or family member; Your Supervisor, Manager or site Health Specialist; Support group



How do you manage anxious thoughts?