

ANXIETY

Everyone has different experiences of fear, worry and anxiety. Many fears and worries are helpful – they are warning to us to keep us safe. For example, it is normal and helpful to be wary of fire, wild animals or traffic. Fear and anxiety is a problem when it stops you doing everyday things.

There are different types of anxiety. Some are about things outside of us; events that happen, changes and uncertainty, or difficult things we have to do. Some anxiety is related to how we feel about ourselves, our level of confidence and thoughts about our ability to cope. Sometimes, after a particularly stressful period of time or a frightening or difficult event, people encounter a higher level of anxiety than they are used to experiencing.

Anxiety can show itself physically, for example we may feel nervous, tremble, have a faster heartbeat and shallow breathing, sweat, feel light-headed and so on. Sometimes this experience in itself creates more stress and worry and makes us even more anxious.

Strong anxiety and “panic attacks” are experienced by some people. A “panic attack” can happen without any obvious cause and seem out of proportion to any stress which is present at the time. The person can feel unusually strong feelings of anxiety such as having difficulty breathing fully, a racing heart, upset stomach, shakiness and even chest pains. The person can feel very overwhelmed and fearful because the physical symptoms are so strong, and distressing in themselves.

If you are concerned about feeling anxious, it can be very helpful to talk about your situation with a counsellor. Many people find it a huge relief to tell someone how they are feeling. A counsellor can also help you find suitable ways of reducing anxiety and restoring greater feelings of calm and control in your life.

**For more assistance, please make an appointment with one of our Counsellors
FREECALL 1800 650 204**

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