

Anxiety

Anxiety is part of the body's natural 'fight or flight' response to stress.

It can become a disorder when feelings of worry, fear or unease become excessive, persistent or interfere with daily activities.



Things to know about anxiety



- 1 in 4 Australians will be impacted by an Anxiety Disorder in their lifetime
- It's not just 'all in your head'. Anxiety causes physical changes in the body to elevate heart and breathing rates, and accelerate the production of certain hormones.

Causes

genetics, environmental factors and life experiences



Strategies to alleviate anxiety:



Anxiety may feel like...

- nervousness
- rapid heartbeat
- racing thoughts
- irritable, agitated
- muscle tension
- shortness of breath
- being on edge
- nauseous or diarrhoea
- feelings of doom

- deep breathing
- adequate sleep
- balanced diet
- seek professional help to discuss therapy or medication treatment options
- participate in relaxing activities
- limiting caffeine and alcohol



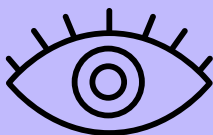
**FOR MORE INFORMATION
TALK TO US**

(08) 6214 0351

admin@auroraalliedhealth.com

5 - 4 - 3 - 2 - 1 GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.



5

things you can see



4

things you can touch



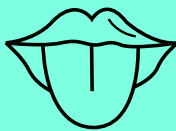
3

things you can hear



2

things you can smell



1

thing you can taste

