



ANXIETY

SIGNS & SYMPTOMS



What are the signs and symptoms?

Anxiety is a normal stress response and can sometimes be helpful. But when it becomes constant, overwhelming, or disrupts daily life, it may indicate an anxiety disorder. It often involves a mix of physical, emotional, and behavioral factors.

Physical symptoms of anxiety

- Racing or pounding heartbeat
- Sweating, shaking, or trembling
- Shortness of breath or difficulty breathing
- Chest tightness or discomfort
- Feeling dizzy, faint, or lightheaded
- Nausea, upset stomach, or digestive issues
- Headaches or muscle tension
- Sudden hot or cold flashes
- Persistent tiredness or fatigue

Mental and emotional symptoms

- Feeling restless, nervous, or constantly on edge

- Trouble focusing or frequent mental "blanks"
- Increased irritability or agitation
- Difficulty falling or staying asleep
- A strong sense of fear, panic, or that something bad will happen
- Worrying excessively, even when it's not warranted
- Feeling disconnected from yourself or your surroundings (like watching yourself from the outside)

Behavioral symptoms

- Avoiding certain people, places, or situations that cause anxiety
- Struggling to unwind or enjoy social activities
- Experiencing challenges at work, school, or in relationships due to anxiety (Queensland Gov, 2025).



STRESS

IMPACT



How can stress impact you?

Stress is a normal part of life; it's our body's response to pressure or change. It can be helpful in small doses by keeping us alert and motivated. However, when stress becomes constant or intense, it can affect the body, mind, and behaviour. Physically, it may raise blood pressure, cause muscle tension, upset the stomach, weaken the immune system, affect skin, disrupt sleep, and alter appetite. Mentally, it can lead to mood swings, anxiety, trouble concentrating, and low motivation. Behaviorally, stress may cause social withdrawal, unhealthy coping habits, and changes in sleep or eating patterns (AIHW 2025).

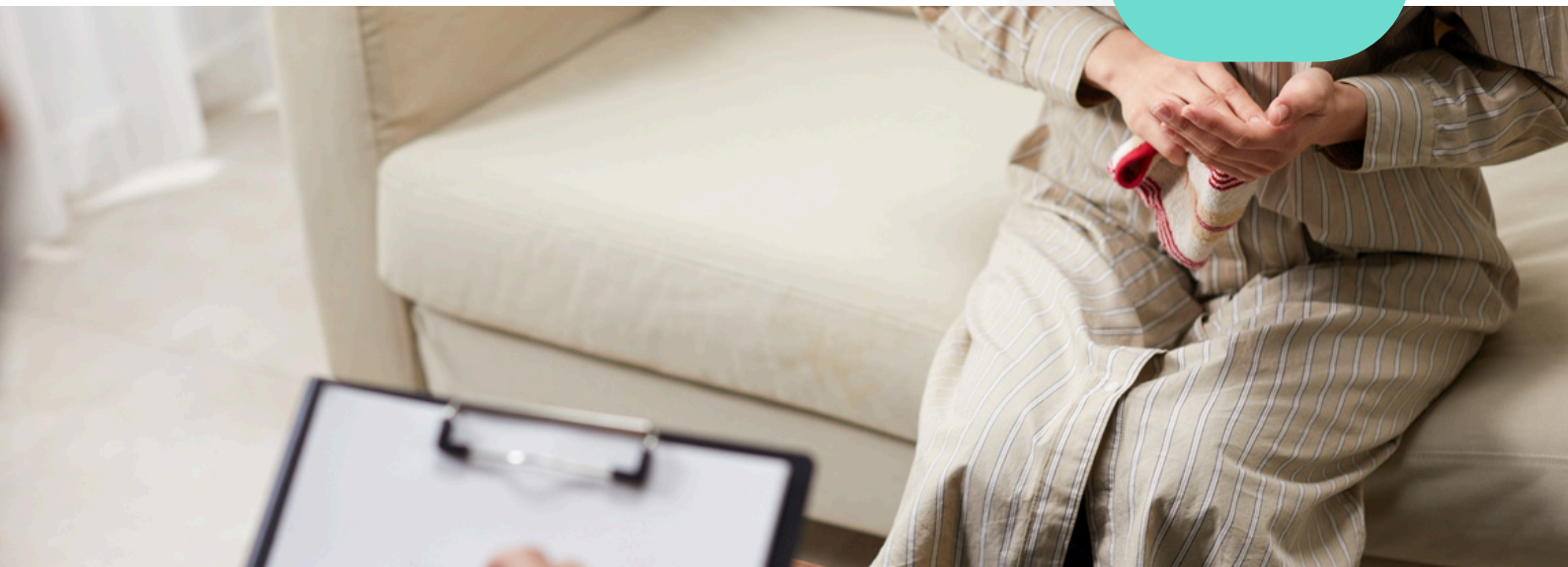
Stress affects everyone differently, and what's stressful for one person might not be for another. Common stressors include relationship problems, work pressure, big life changes, study demands, illness, or financial struggles. To manage stress, it's important to recognise your triggers and use **copng strategies** such as:

- Keeping daily routines
- Doing recharge activities (like hobbies or time with loved ones)
- Focusing on what you can control (not just what worries you)
- Challenging unhelpful thoughts
- Getting regular physical exercise



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TREATMENTS



What are treatment options?

Anxiety can be exhausting, but with the right support, it is treatable. Seeking help early makes recovery easier and faster. Treatments can include psychological therapies (like CBT), medications, self-help tools, or a mix of these. It's important to talk to a trusted health professional, such as a GP, psychologist, or counsellor, to work out what suits you best. Some physical symptoms of anxiety (like a racing heart or tense muscles) are part of the body's natural "fight or flight" response. But if these reactions happen too often, feel too intense, or interfere with daily life, it may be an anxiety disorder that needs treatment.

Anxiety treatments include:

- Psychological therapies like CBT, exposure therapy, ACT, and interpersonal therapy help change thought patterns and address underlying issues.
- Lifestyle changes such as regular exercise, good sleep, a healthy diet, relaxation techniques, and stress management can reduce symptoms.
- Medications, including SSRIs, SNRIs, or other drugs, may be prescribed depending on the case (check with your GP).
- Other options include online therapy, support groups, and complementary therapies (with medical advice) (HealthDirect 2025).



Contact Information

Navigate Challenges. Cultivate Growth.

Get in touch today to learn more, see our availability, or book a session.

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