



"Nothing in the affairs of men is worthy of great anxiety."

Plato

With the high demands and quick pace of today's lifestyle it can be quite common for the average worker to experience anxiety.

You may experience some anxiety in stressful situations such financial worry. You may even experience anxiety doing things you enjoy, like just before a friendly soccer match with your friends or while driving a sports car.

A small amount of anxiety in your life can be quite healthy and can help you perform at more optimal levels. (i.e., being anxious when driving a fast car can help you stay alert and spot any potential hazards) However when anxiety becomes persistent or continual, it can interfere with daily life and sometimes it may even stop you from doing the things you like.

Experiencing anxiety and/or fear regularly when no real threat is present may be a sign of an anxiety disorder.

In fact, anxiety disorder is the most common mental illness in Australia and every year, around 14% of all adult Australians are affected by a type of anxiety disorder (SANE Australia, 2014). There are many types of anxiety disorders and it is possible to experience more than one at the same time.

TYPES OF ANXIETY DISORDER

Generalised anxiety disorder: Overly worrying about a variety of things all the time and rarely feeling relaxed and at ease. E.g., "Have I spent too much money on lunch today?" "Will Elizabeth hate me if I postpone our catch up for one hour later?"

Specific phobias: This is an intense fear of a particular object or situation, like spiders or travelling on a plane. Specific phobias

can often make you avoid the situation or object you fear. E.g., being scared of planes will make you avoid any overseas holidays or travelling by air.

Social phobia: Long-term and extreme fear of being poorly judged by others in social situations, or being embarrassed or criticised by other people. E.g., "I don't want to go to Timmy's party this weekend because no one will like me, and they will all think I say silly things and wear funny clothes."



Panic disorder: Feeling as though you will have or are having a panic attacks and worrying that you may be experiencing another panic attack soon. E.g., if you are scared of small places you may experience a panic attack in an elevator or at the movies. As a result of your fear of having a panic attack you may choose to sit next to the exits just in case you have one in the near future.

Obsessive-compulsive disorder (OCD): Obsessions are unwanted thoughts, and compulsions are unwanted actions. These are both usually accompanied by fear of danger or worry that something bad will happen if these obsessive thoughts or compulsive actions are not followed through. Eg., "If I don't wash my hands for exactly 5 min I will develop a deadly skin disease." Or "If I don't arrange my pens in the right order at work something bad will happen."

Post-traumatic stress disorder (PTSD): This usually develops in individuals who have suffered a distressing experience. Sometimes this experience can be hard to forget and so the mind still feels like there is a threat present. Symptoms can include regular flashbacks or remembering unwanted memories, trouble sleeping, and checking for danger.

GETTING HELP FOR ANXIETY

Different types of anxiety disorder require different attention and treatment. Although medication can help with some anxieties some require face to face therapy sessions. If you are experiencing a form of anxiety, we encourage you to book an appointment with your EAP or trusted counsellor to overcome your fears and to live your life free of any unwanted anxieties.

Some helpful tips

- Get enough sleep, nourishment, and exercise – research shows that looking after our bodies with sleep (8-9 hours per night), balanced diet and exercise (3-4 x 30mins a day) will improve not only our body's health but also our mind.
- Relaxation and think positive – This skill will take time to learn but it is most important that you allow yourself time to learn how to relax your mind. This might include meditation, a walk in the bush/beach, a bath or just being still.

For further support and information please also contact us at 1300 796 640 or info@pureinsights.com.au.