



Are you feeling Anxious or worried?

Feelings of stress or worry can be common in new or unfamiliar situations, but feeling like this all the time can really put strain on ourselves, our relationships and our overall wellbeing. So what is anxiety?

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Anxiety can be experienced like a constant fear or worry about different things that may be happening in our lives. Anxiety is a mental health condition that can cause intense, frequent, difficult-to-control nervousness, fear and worry, sometimes to a point where we find it difficult to manage day-to-day tasks.

What can anxiety feel like?

Below are some clues your body might give if you are feeling anxious. You may not have all of these but you may experience some of them. Below are some common signs and symptoms.

Feeling Nervous, Restless or Tense

Trembling

Sweating

Sense of impending doom or danger

Feeling sick or having a sore stomach/puku

Feeling weak or tired

Increased heart rate

The urge to avoid things that cause anxious feelings

Trouble concentrating outside of the present worry

Feeling weak or tired

Rapid breathing

Trouble Sleeping