

Employee fact sheet:

Understanding Anxiety



Anxiety is a mental and physical response to stress, uncertainty or perceived threat. In small doses, it can be helpful. It can sharpen your focus, protect you from danger and help you prepare for challenges.

When anxiety becomes too intense, happens too often or starts affecting your work, relationships or daily life, it may be a sign that additional support would help. That support is available to you through your workplace EAP provider, PeopleSense.

What anxiety can feel like

Anxiety can show up differently for different people. Some notice racing thoughts or constant worry. Others experience physical symptoms, avoidance, irritability or an inability to switch off.

Anxiety may affect

What this can feel like

Thoughts

Uncontrollable worry, overthinking, imagining worst-case scenarios, poor concentration or difficulty making decisions.

Body

Racing heart, tight chest, upset stomach, sweating, shaking, headaches, muscle tension or fatigue.

Emotions

Feeling tense, nervous, restless, overwhelmed, fearful or on edge.

Behaviour

Avoiding situations, checking things repeatedly, procrastinating or finding it hard to start tasks.

Sleep and daily life

Sleep problems, reduced confidence, exhaustion or finding everyday demands harder to manage.

Work and daily life

Difficulty focusing, reduced confidence, emotional reactions or finding everyday tasks harder than usual.

If you experience chest pain, severe shortness of breath or symptoms that feel like a medical emergency, seek urgent medical help.

Tips for Managing Anxiety

1. Identify your triggers

Notice situations, thoughts or circumstances that tend to increase your anxiety. Understanding your triggers can help you prepare and respond more effectively.

2. Maintain healthy routines

Regular sleep, balanced meals, physical activity and time for recovery can help reduce the impact of anxiety and improve overall wellbeing.

3. Challenge unhelpful thinking

Anxiety can cause us to focus on worst-case scenarios. Try to step back and consider alternative perspectives or evidence that supports a more balanced view.

4. Stay connected

Talking with friends, family members or colleagues can help you feel supported and less isolated.

5. Make time for relaxation

Activities such as mindfulness, deep breathing, medication, spending time in nature or hobbies you can enjoy can help reduce stress and improve emotional wellbeing.

6. Identify your triggers

Notice situations, thoughts or circumstances that tend to increase your anxiety. Understanding your triggers can help you prepare and respond more effectively.

Seek professional support

Speak with your GP, psychologist or access support through your EAP, if anxiety is affecting your wellbeing, work or daily life.

Through your EAP with PeopleSense, you can speak confidentially with a qualified psychologist for support and practical guidance.



Reaching out early makes a real difference.
Contact **PeopleSense** to book a confidential
appointment with a qualified psychologist.

If you are having thoughts of self-harm or suicide, seek urgent support immediately. Call 000, Lifeline on 13 11 14.

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