

ANXIETY AND STRESS

Anxiety is our body's way of protecting us from threats. This reaction evolved out of the survival needs from our early ancestors, who needed to protect themselves from more immediate, physical dangers. Even though we face fewer physical dangers in the modern world,

Chronic stress affects both the mind and body. It produces both physical and psychological symptoms that can take a toll on a person's ability to function normally in their daily life. These symptoms can vary in their severity from one person to the next. Common signs include:

- Aches and pains, Decreased energy
- Difficulty sleeping, Disorganized thinking
- Fatigue, Feeling a loss of control
- Feelings of helplessness, Frequent illnesses and infections
- Gastrointestinal complaints, Headaches

Physical signs

- Restlessness • Feeling nausea
- Racing heart • Muscle pains
- Breathing heavily
- Frequent toilet visits
- Problems sleeping
- • Panic attacks



How can I make myself feel better?

- Breathing techniques
- Do some stretches
- Exercise
- Eat a healthy balanced diet
- Get enough sleep

How to avoid stress

- Be realistic
- Take action, avoid reaction
- Patience, introspection
- Develop emotional learning
- Hand holding, give and take

- Feeling worried
- Nervousness
- Over thinking
- Unwanted thoughts •
- Problems concentrat-

Causes of anxiety?

- Stressful situations
- Exams or deadlines
- Problems with family
- Financial difficulties
- Being overtired
- Coping with trauma

When does anxiety become a problem?

- Feelings of anxiety are hard to manage
- You continuously worry about things out of your control
- You struggle to fall asleep or stay asleep
- You avoid certain social situations
- Poor initiative, drive, confidence, decision making
- Poor self drive, hopelessness, listlessness, -ve thinking
- Phobias, traumatic stress disorder, panic attacks