

Anxiety

What is Anxiety?

Anxiety is a normal reaction describing the physical, mental, and behavioural changes that allow you to deal with threats or danger.

Any threats that occur such as being chased by a dog or being pulled over by the police cause a series of automatic hormonal changes in our bodies. These trigger the involuntary nervous system preparing our bodies to “fight” or to flee (“flight”). This response is known as the fight-or-flight response.

Anxiety experiences vary in severity from mild uneasiness to panic.

Why Does Anxiety get out of Hand?

Life Events and Stressors

Anxiety may begin at a time when you are experiencing a high level of stress. Making important decisions, meeting deadlines, changing jobs or routines, or dealing with others in all require constant adjustments. At times a single major problem or several smaller problems may exceed our regular methods of adaptation and thus result in anxiety.

Personality

Personality refers to the usual way that an individual reacts, feels, and behaves. Many people regard themselves as nervous, not just because of their high levels of anxiety, but because they consider themselves to be sensitive, emotional, and easily worried. While these traits can be positive they may also be the seeds from which anxiety problems can grow.

Treatment

If you find that anxiety related symptoms are interrupting your daily functioning then it is important to take the necessary steps to manage it. Because anxiety is a normal ‘in-built’ and at times useful response, you can never banish it completely. However you can learn to manage it effectively.

Just like any other human emotion, anxiety has complex roots making it difficult to understand and resolve on your own.

Psychological counselling (Cognitive Behavioural Therapy) can help you identify the triggers to your anxiety and teach you to relax in situations that used to cause such crippling anxiety.

Symptoms of Anxiety

- Excessive and persistent daily worry that is out of proportion to the issue
- Muscle tension
- Restlessness
- Fatigue
- Hand tremors
- Heart palpitations
- Shortness of breath
- Nausea
- Concentration difficulties
- A general state of irritability

Combat your anxiety by seeking the support of a skilled psychologist.
Contact Solution Focus Psychology on **1300 734 042**
for further information or to make an appointment.
Visit our website at www.solutionfocus.com.au