



Anxiety

According to Beyond Blue, 'on average, one in four people – one in three women and one in five men – will experience anxiety at some stage in their life. In a 12-month period, over two million Australians experience anxiety.'

What is anxiety?

Everyone experiences anxiety. Feeling anxious in certain situations is a normal reaction. When the situation passes but the anxiety remains, anxiety starts to interfere with your normal functioning or your worries are persistent or out of proportion, you may have an anxiety disorder.

Symptoms of Anxiety:

- Increased hear rate
- Muscle tension
- Sweating
- Faster breathing
- Shaking
- Butterflies in the stomach

Seeking Help:

If you are experiencing anxiety, it's a good idea to talk to someone. This could be your friends or family, a GP or the EAP. There are a range of effective treatments for anxiety and treatment can help manage, reduce or eliminate anxiety and it's symptoms.

We're here to help. For a confidential discussion or more information contact Drake WorkWise on 1300 135 600 (AU) 0800 452 521 (NZ).