

Anxiety Resource and Tips

We have included some information and resources below that might be useful if you or someone you know experiences stress or anxiety.

Stress

Stress is usually an emotional response caused by an external trigger. For example, a work deadline, or a fight with a loved one. When experiencing stress, you can experience symptoms such as:

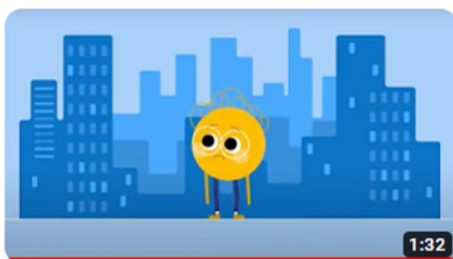
- Irritability
- Anger
- Difficulty concentrating
- Muscle pain
- Fatigue and trouble sleeping
- Gastrointestinal (GI) problems

When you experience stress the feelings usually pass once the stressful situation has passed.

Anxiety

Anxiety can be defined by worries or stress that don't go away. The feelings may not have a cause or a trigger. When experiencing Anxiety, you can experience symptoms such as:

- Irritability
- Anger
- Difficulty concentrating
- Muscle pain,
- Fatigue and trouble sleeping
- Gastrointestinal (GI) problems
- Difficulty controlling worry
- Find it difficult to calm down
- Unable to control your worry or thoughts



[▶ What is anxiety?](#)

What is anxiety?

13K views • 6 months ago

Causes

Placing unreasonable demands on yourself and having unrealistic expectations can cause fatigue, which, if left for too long, can contribute to feelings of stress and anxiety. Other causes of stress and anxiety can be:

- Feeling under pressure
- Facing big changes in your life
- Being worried about something
- Past trauma
- A traumatic event
- Having responsibilities that you find overwhelming
- Experiencing discrimination, hate or abuse
- Drugs and medication
- Your current life situation

Strategies

Discovering strategies to support you when feeling stressed and anxious can be beneficial. See below for some ideas.

You should see your health care professional if your anxiety or stress starts to affect your life and relationships.

- Start a journal and record: What causes you to feel stressed and anxious
- Practice slow breathing exercises
- Practice muscle relaxation before bed
- Stay in the present moment, practice mindfulness
- Maintain a healthy lifestyle
- Keep active
- Spend times outdoors
- Make time for activities that you enjoy
- Be kind to yourself
- Talk to a health professional

[Lifeline](#) 13 11 14 24 hours a day, 7 days a week

[Beyond Blue](#) 1300 22 4636

[Blue Knot](#) Foundation Helpline 1300 657 380

[Mensline](#) Australia 1300 78 99

[Kids Helpline](#) 5-25 years 1800 55 1800