

Anxiety Disorder

> You are likely to be suffering from anxiety disorder if you have any of the following:

Your fears are out of proportion to the situation.

The anxiety reactions occur frequently

You start to avoid feared situations.

It interferes with your

- > Working
- > Social
- > or family Life



How to cope with anxiety;

- > Keep physically active
- > Avoid stimulants like betelnut coffee, smoke, even alcohol or drugs (eg, marijuana)
- > Make sleep a priority (6 to 8 hours rest)
- > Eat healthy, avoid too much junks (eg. cereals)
- > Reach out to friends and family, stay connected.

SUPPORT THERAPY FOR

- > Slow breathing / Relaxation
- > Exposure to feared situation
- > Realistic / Positive Thinking
- > Problem Solving

MEDICATION FOR

- > Severe Anxiety

**DEPRESSED?
ANXIOUS?
STRESSED?**

WE CAN HELP YOU
For your mental health and psychological wellbeing
CALL MENTAL HEALTH HOTLINE ON
1801030
Monday - Friday (8:00am - 4:00pm)

*CONFIDENTIAL COUNSELLING *INFORMATION ON MENTAL HEALTH SUPPORT SERVICES *REFERRAL & APPOINTMENTS

BODY, MIND & SOUL MATTERS

ANXIETY



? normal & healthy



DIRECTORATE FOR SOCIAL CHANGE & MENTAL HEALTH SERVICES

PO BOX 1506 BOROKO, NCD PAPUA NEW GUINEA

The Nature of Anxiety

Anxiety is a normal and healthy Reaction

It is a state of the mind and body's reaction to stressful, dangerous, or unfamiliar situation.

It is the sense of uneasiness, distress or dread before a significant event.

Anxiety describes the **physical, mental and behavioral changes** that allow you to deal with **threat or danger.**

These changes can be very useful if it is necessary to respond to threat or danger very quickly. (Survival).. That is the '*Fight or Flight*' reaction

RECOGNIZING ANXIETY

Common signs of Anxiety includes;

- > Feeling nervous, restless or tense
(Mind becomes Alert)
- > Increased heart rate, BP raises
- > Sweating and trembling to help cool body
- > Blood diverted back to the muscles which tense , ready for action
- > Digestion slows down and saliva production decreases causing dry mouth

If Anxiety levels remain high for a long period of time, the following problems may appear apparent.

- > Urinating too quickly
- > Trouble falling or staying asleep
- > Difficulty concentrating because of worrying
- > Feeling overwhelmed or unable to cope.
- > Feeling depressed or demoralized.

Anxiety disorders are Common and treatable



- > Anxiety does not mean weakness
- > Anxiety does not mean losing the mind
- > Anxiety does not mean personality problems
- > Severe anxiety does mean a disorder which requires treatment