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Understanding

Anxiety

By understanding anxiety better,
you can take steps to manage and reduce
your symptoms and improve your overall well-
being.

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What causes Anxiety?

There are many things that can increase the likelihood of you experiencing anxiety, these can include:
Genetics
Long-term health conditions
Traumatic events
Drug and/or Alcohol use
Current life situations such as money worries, bullying or unemployment.

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How you can help yourself

Try Breathing Exercises

Eating nutritious food

Exercise Regularly

Getting enough sleep

Talk to somebody about your anxiety

Join a peer support group

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Getting Support

If your anxiety is getting in the way of you living your life, it's important to seek medical help. Your treatment will depend on the type of anxiety disorder and severity. Your medical professional may offer self-help resources, talking therapy or Medication.