

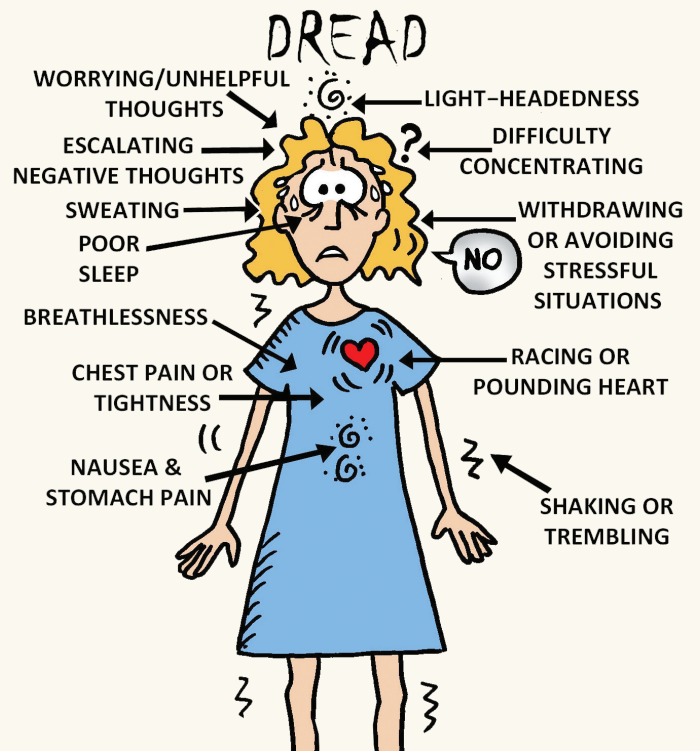
Anxiety - Manawarū

- Anxiety is a **normal** and healthy reaction to stress and can help you respond appropriately to real danger
- The body gets ready for action ('fight or flight') and the flow of adrenaline into the body helps us to respond more quickly
- It becomes a problem if you find yourself worrying or feeling anxious too much and it is interfering with normal everyday life
- If you have anxiety you may also be experiencing low mood, stress and difficulty sleeping

→ Depression Card

→ Anxiety Card

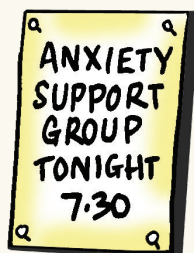
→ Sleep and Insomnia Card



Managing Anxiety

Self help

- Learn relaxation, breathing techniques or meditation
→ Meditation and Mindfulness Card
- Others can help - talk to your friends or whānau about how you are feeling, or find a support group
- Knowledge is power - self-help books or online e-therapy may help you understand anxiety → Self-help Card
- Alcohol, caffeine and cannabis makes feelings of anxiety worse. Avoid or try to cut down



Treatment options

- Talking therapies can help you learn about your worrying thoughts and ways to manage them
→ Talking Therapies Card
- Medication may be prescribed in conjunction with other strategies
→ Common Medications Card

