

ANXIETY DISORDERS ARE A MIX OF SYMPTOMS:

Psychological:

- Frequent or excessive worry
 - Poor concentration
- Specific fears or phobias e.g. fear of dying or fear of losing control.

Behavioural:

- Procrastination
 - Avoidance
- Difficulty making decisions
- Social withdrawal.

Physical:

- Fatigue
- Irritability
- Sleeping difficulties
- General restlessness
 - Muscle tension
 - Upset stomach
- Sweating and difficulty breathing.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit www.staychatty.com.au/get-help for a list of services.

Source - The Black Dog Institute (12)