



Anxiety Disorder

The most common mental illness in the world

Generalised Anxiety Disorder

- Long lasting anxiety not specific to a situation or object

Panic Disorder

- Quick hit of terror often followed by trembling and difficulty breathing

Obsessive Compulsive Disorder

- Repetitive obsessions and compulsions

Social Anxiety Disorder

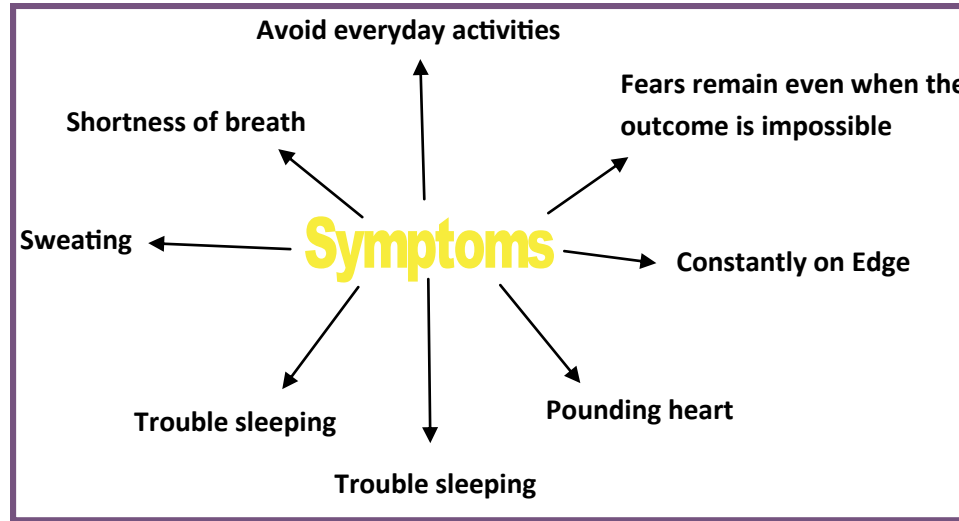
- Intense fear in and of social interactions managed with avoidance

Specific Phobia

- Fear of a specific situation or object

Post Traumatic Stress Disorder

- Anxiety from a traumatic experience



Seek professional help through your GP or local counselling service.

What to do about it

Develop skills to perform well in situations you are anxious over. Competence leads to confidence.



Build relationships with people important to you for social, physical and emotional support. This promotes comfort, safety and recovery.

Minimise caffeine intake, quit smoking and drink in moderation to reduce a pounding heart and jitteriness.

Avoidance can manage anxiety in the moment but will worsen it over time.

