

Anxiety

Easy Read fact sheet

About this fact sheet



This fact sheet is from
Jean Hailes for Women's Health.



You can read more information about this topic
on the [Jean Hailes Anxiety web page](#).



This fact sheet is written in a way that is easy
to understand.



We add a star before and after ***hard words***.
Then we explain what the words mean.



You can ask someone to help you read and
understand this fact sheet.



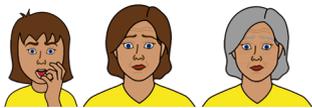
Contact information is at the end of this
fact sheet.

What is *anxiety*?



Anxiety is a normal way of feeling.

Anxiety is what happens to your body and mind when you feel stressed.



Many people have anxiety at different times in their lives.

There are lots of ways to manage anxiety.

What does anxiety feel like?



Anxiety can make you feel

- nervous



- worried



- scared.



You might feel anxiety at different times.

For example

- when you meet someone new



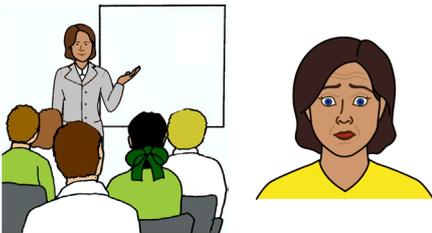
- when you go to the doctor



- when you think about what might happen to you.

How much anxiety is normal?

It is normal to feel anxious sometimes.

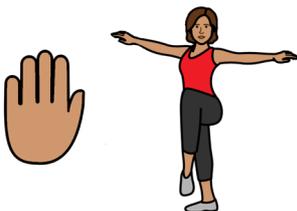


Talk to someone you trust or see a doctor if

- your anxiety does **not** go away after stressful moments have finished



- you feel anxious most of the time

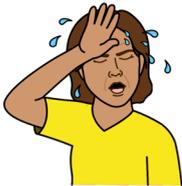


- your anxiety stops you from doing things you like to do.

***Symptoms* of anxiety**



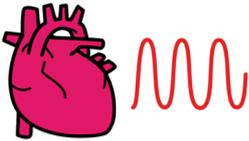
Symptoms are the ways anxiety affects you.



Symptoms can affect your body.

For example, you might

- sweat a lot



- have a quick heart beat



- have a dry mouth



- find it hard to breathe



- feel sick.

Symptoms can also affect the way you think.

For example, you might



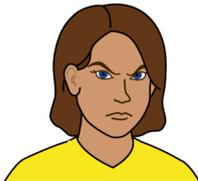
- think about what could go wrong



- have lots of bad thoughts you **cannot** stop



- worry that people see you are feeling anxious



- feel tense or angry.

Sometimes anxiety can change the way you act.

For example, you might



- **not** go to places with lots of people

- **not** want to meet new people



- **not** sleep well.

What causes anxiety?



Anxiety is different for everyone.

Anxiety can be caused by different things.

For example



- stressful times



- health problems



- problems with how you think and feel



- ***family history***
 - family history means others in your family might have anxiety



- your ***personality***
 - personality means the way you think and act.

What you can do



You can try different things to manage anxiety.

The most important thing is to be kind to yourself.



You can

- be positive
 - for example, tell yourself **I can do this**



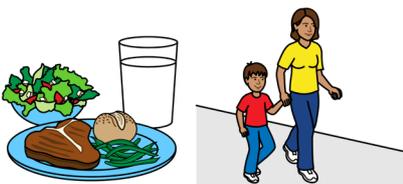
- understand what makes you feel anxious and how to feel calm in those times



- do things you like
 - for example, drawing or gardening



- ask for help if you need it



- eat healthy food and move your body.

Learn to relax your body and mind

You can try different ways to relax and feel calm.

For example



- deep breathing
 - slowly breathe in through your nose and out through your mouth



- ***mindfulness***
 - mindfulness means you focus on what is happening now, **not** the past or future



- ***meditation***
 - meditation means you focus on 1 thing like your breathing

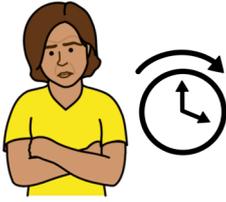


- gentle ***yoga***
 - yoga is a type of exercise that helps relax your body.



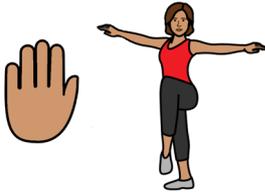
Try online programs and apps on your phone or device. For example [Smiling Mind](#).

When to see your doctor



See your doctor if

- you feel anxious most of the time



- anxiety stops you from doing things you like to do.



When you get help you can start to feel better.



Your doctor might suggest you talk to a counsellor or psychologist.

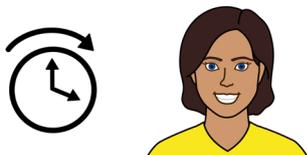


You can ask your doctor to write a ***mental health treatment plan***.

A mental health treatment plan means you pay less to get the help you need.



Your doctor might also suggest you try different medicines.



It may take time to find the best way to manage your anxiety.



 **Jean Hailes**
for Women's Health

More information

For more information contact
Jean Hailes for Women's Health.



Call 03 9453 8999



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If you need help to hear or speak, contact the
National Relay Service.

Call 1300 555 727

Visit

communications.gov.au/accesshub/nrs



If you need help with other languages, contact
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