

My Positive Mind TM Anxiety



Episode One: What is Anxiety?

- Anxiety is when you have a constant worry or fear that affects your daily activities or ability to function.
- It often makes seemingly simple day-to-day activities seem really overwhelming.
- Knowledge is your **super power** and by understanding how and why you get anxiety, you will be able to start to learn how to overcome it.

Types of anxiety

- **General anxiety** – everyday worries eg. relationships, finances, work
- **Phobias** – irrational fear of objects or situations eg. heights, spiders, or getting ill
- **Obsessive Compulsive Disorder (OCD)** - obsessive thoughts followed by compulsive acts to reduce anxiety eg. obsessive hand washing or house cleaning

- **Panic** – can stem from triggers like work stress, or large crowds, which can lead to a panic attack
- **Social anxiety** – difficulty attending social events where we may be judged
- **Trauma** – also known as Post Traumatic Stress Disorder (PTSD), can develop after experiencing a traumatic event

Who does anxiety affect?



- It can affect anyone - anxiety does **not** discriminate
- 1/4 of Australians will experience anxiety in their lifetime

📞 Help Lines

If you feel overwhelmed or distressed, please reach out to your local GP or contact the following support lines. They are there to help you, even if it's just for a chat.

Lifeline: 13 11 14

Beyond Blue: 1300 22 4636

1800RESPECT: 1800 737 732

Eheadspace (12-25): 18– 650 890

Men's Line: 1300 77 98 77

Head to Health: 1800 595 212

Got a question?

Our friendly psychologist Nat is here to support you.

Simply email your questions to:
support@mypositivemind.com.au

Coming up in episode 2...

We will learn why we get anxiety and what keeps it going. Don't forget that you can always rewatch this episode if you need to!