

Anxiety.

Information you should know.

Signs & Symptoms

Most people experience anxiety from time to time. This simply means you are concerned daily life challenges.

It is a natural part of life, as it can motivate you to perform better, and prepare better for future events. However, when it becomes overwhelming and starts to control your life that is when it becomes a problem. In other words, anxiety can cause intense long lasting fear or worry that can affect daily functioning, interfere with sleep, concentration, appetite and other joys of life.

- Sudden and intense fear
- Panic attacks
- Sweaty hands
- Upset stomach
- Pounding heart
- Muscle tension
- Nausea
- Dizziness
- Pins & needles
- Headaches

Causes

- Psychological factors (such as negative thought patterns)
- Learned behaviour
- Personality differences
- Life circumstances

Seek Treatment for
your Anxiety now!

Treatment

- Cognitive behavioural therapy (CBT) or other talk therapies
- Relaxation techniques
- Medication

**If you suffer from Anxiety please
contact psychCentral:**

CLINIC 1021A Canterbury Road, Lakemba, 2195

PHONE 02 9759 7761

EMAIL info@psychcentral.com.au

BOOKING psychcentral.com.au



APS Psychologist

psychCentral
Psychological & Counselling Services