

Signs & symptoms of anxiety



What the fact sheet covers:

- When anxiety is a problem
- Types of anxiety disorders
- Signs and symptoms of anxiety

Everyone experiences anxiety

Feeling anxious in certain situations can help us avoid danger, triggering our 'fight or flight' response. Sometimes though, we can become overly worried about perceived threats – bad things that may or may not happen. When your worries are persistent or out of proportion to the reality of the threat, and get in the way of you living your life, you may have an anxiety disorder.

Anxiety is the most common mental health condition in Australia. Up to one-third of women and one-fifth of men will experience anxiety at some point in their lives.

When does anxiety become a problem?

It's normal to feel anxious in high pressure situations such as a job interview, when you're speaking in public, or when you're experiencing change in your life or work environment and

you're uncertain what the future will hold. To a degree, this anxiety can help us, making us stay focussed and alert.

When we're very anxious, we have intense feelings of worry or distress that are not easy to control. Anxiety can interfere with how we go about our everyday lives making it hard to cope with 'normal' challenges.

Anxiety becomes a problem when you start to feel anxious most of the time and about even minor things, to the point where your worry is out of control and interfering with your day to day life.

What are anxiety disorders?

Anxiety disorders are a mix of:

- Psychological symptoms: frequent or excessive worry, poor concentration, specific fears or phobias e.g. fear of dying or fear of losing control.





- Physical symptoms: fatigue, irritability, sleeping difficulties, general restlessness, muscle tension, upset stomach, sweating and difficulty breathing.
- Behavioural changes: including procrastination, avoidance, difficulty making decisions and social withdrawal.

Severe anxiety is a feature of a group of mental health disorders including:

- Generalised anxiety disorder
- Social phobia
- Specific phobia
- Obsessive compulsive disorder (OCD)
- Panic disorder
- Separation anxiety disorder
- Agoraphobia
- Post-traumatic stress disorder (PTSD).

Other types of anxiety disorders include:

- Substance/medication-induced anxiety disorder
- Anxiety disorder due to a medical condition.

It's important to seek help to manage severe anxiety.

Factors for developing anxiety

There is a range of contributing factors for developing anxiety. The factors could be

biological – genes (family history), personality traits and brain chemistry – or they can be life events, such as trauma and long-term stress, or a combination of these factors.

Signs and symptoms

While there are many types of anxiety disorder, there are some common signs and symptoms.

You might be **feeling**:

- Very worried or afraid most of the time
- Tense and on edge
- Nervous or scared
- Panicky
- Irritable, agitated
- Worried you're going crazy
- Detached from your body
- Feeling like you may vomit.

You may be **thinking**:

- 'Everything's going to go wrong'
- 'I might die'
- 'I can't handle the way I feel'
- 'I can't focus on anything but my worries'
- 'I don't want to go out today'
- 'I can't calm myself down'.



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You may also be **experiencing**:

- Sleep problems (can't get to sleep, wake often)
- Pounding heart
- Sweating
- 'Pins and needles'
- Tummy aches, churning stomach
- Light headedness, dizziness
- Twitches, trembling
- Problems concentrating
- Excessive thirst.

When these constant repetitive thoughts and feelings take over, we can feel overwhelmed, lose sleep, feel exhausted, and start to avoid social situations.

Some of these symptoms can also be signs and symptoms of other medical conditions, so it's always best to see your GP so they can check them properly.

There is an online [Anxiety Self-test](#) on the Black Dog Institute website.

For more information visit:

www.blackdoginstitute.org.au/resources-support/digital-tools-apps/anxiety-self-test/

Diagnosis

To be diagnosed with an anxiety disorder, a combination of symptoms must be present for a specific duration and interfere with your ability to function at work or at home.

It is common to experience a low mood secondary to excessive worry and the two conditions – clinical depression and anxiety disorder can occur at the same time.

It's important to get help to treat anxiety disorders. Left untreated, anxiety can last for a long time. It can become exhausting, debilitating and get in the way of us living our everyday lives. There are a range of effective treatments for anxiety, and you can get better. Your GP is a good starting point when seeking help for anxiety.

Key points to remember

Anxiety is normal, everyone experiences anxiety at some time.

- Anxiety becomes a problem when it interferes with your day to day life.
- Anxiety disorders are a combination of psychological, physical and behavioural symptoms.
- A range of factors can contribute to anxiety disorders.
- Signs and symptoms of anxiety vary.



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