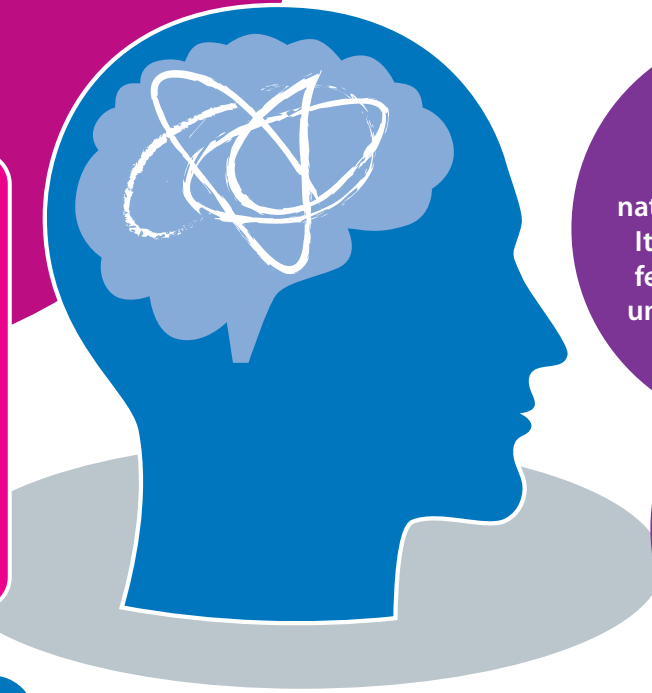


Stress and Anxiety



What is stress?

Stress is the body's natural reaction to feeling threatened or under pressure.

A little stress can be a good thing, as it helps us stay alert and motivated. However, prolonged stress can cause physical and emotional problems.

What is anxiety?

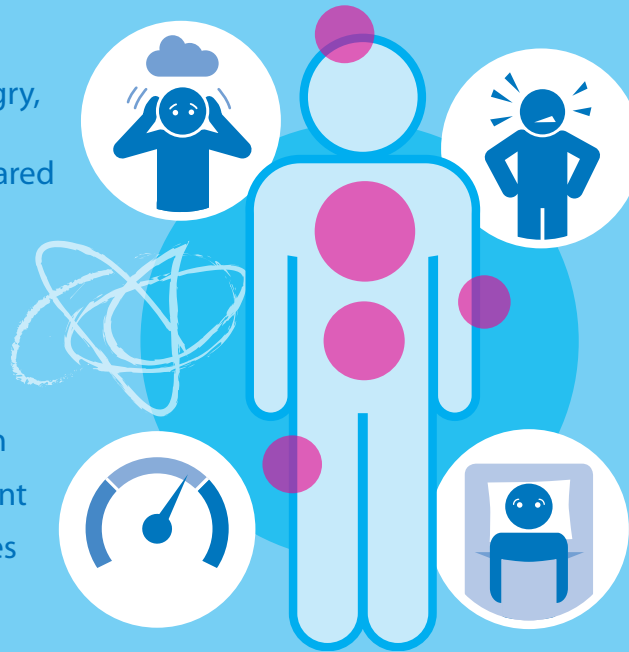
Anxiety is the body's natural response to stress. It's often described as a feeling of dread, fear or unease, which can range from mild to severe.

Feeling anxious is a perfectly natural reaction to some situations. But if it gets too much or goes on for a while, it can affect our daily life.

What are the signs?

Symptoms of stress

- Emotional: irritable, angry, tearful, feel worried, anxious, hopeless or scared
- Struggle to make decisions, have racing thoughts or feel overwhelmed
- Stomach problems, headaches, muscle pain
- Feeling dizzy, sick or faint
- Sometimes stress causes high blood pressure



Symptoms of anxiety

- Feeling tired, restless or irritable
- Unable to concentrate or make decisions
- Worrying about the past or future, or thinking something bad will happen
- Feeling shaky or trembly, dizzy or sweating more
- Headaches, tummy aches or muscle pain
- Trouble sleeping

What you can do... Lifestyle changes that can reduce stress and anxiety

Healthy diet
e.g. fruit, vegetables & wholegrains

Zzz
Restful sleep

Regular exercise
Be more active, e.g. brisk walk

Mindfulness
Looking after mind & spirit

Explore treatment options

If you think your symptoms are getting worse, please speak to your healthcare professional or GP.