

## Anxiety

### Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

### Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

For more information about our suite of solutions, please contact:

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Anxiety is a normal reaction.

It is simply the way we adapt and respond to stress. Furthermore some moderate anxiety is necessary to perform and to have motivation in life. At very high levels, anxiety can lead to changes at both physiological and mental levels. These changes include (but are not limited to) breathing difficulties, shaking, sweating, hot or cold flushes, catastrophic or negative thinking and excessive worrying among others.

The way people react to stress situations is very individual; hence our predisposition to anxiety is different for different people. Anxiety symptoms can be problematic as they diminish concentration, energy levels, can interfere with sleep and appear in undesired situations.

### WHAT ARE SOME SIGNS?

#### Physical

- Gastrointestinal problems
- Chest or muscular pain
- Dizziness
- Insomnia
- Tremor
- Fatigue/exhaustion
- Restlessness
- Headaches

#### Cognitive

- Negative thinking
- Catastrophic thinking
- Worrying about serious illness
- Poor concentration
- Intrusive thoughts
- Irrational thinking

#### Emotional

- Constant Fear
- Over-sensitivity and tearfulness
- Low self esteem
- Feeling incapable of doing everyday things
- Hyper-vigilance

One specific characteristic of these symptoms is that they often have no apparent biological cause. When anxiety persists for long time people tend to feel weak and the symptoms start interfering in areas such as personal safety, relationships, work or finances.

There are several things you can do to manage anxiety symptoms. The following points provide some general advice:

- Avoid overuse of alcohol or other drugs to cope
- Don't 'bottle up' your thoughts and feelings
- Allow yourself time to rest, exercise and relax
- Express your feelings as they arise, either talking or writing them down
- Seek assistance if symptoms persist (see below)

## **WHEN TO SEEK PROFESSIONAL ASSISTANCE?**

- The anxiety symptoms are of greater intensity and/or duration than expected, given the circumstances of its onset
- The symptoms lead to diminished or impaired occupational, social, or interpersonal functioning
- Everyday routines and activities are disrupted by the avoidance of certain situations in an attempt to diminish the anxiety symptoms
- It includes unexplained physical symptoms and/or obsessions, compulsions, and intrusive recollections or memories of trauma

Core components of anxiety management are education and learning symptoms management strategies.

## **CONTACT US**

For more information please contact PRIMEXL ON 9492 8900. Alternatively you can also discuss your symptoms with your partner, GP or HR staff support in your organisation.