

What is ANXIETY?

Anxiety can be normal in stressful situations, like taking an exam or having to give a talk to a crowd of people as it can motivate you to work harder, but when feelings of fear, worry or anxiety starts interfering with daily living and becomes excessive and all-consuming, it becomes an indicator of bigger underlying and undiagnosed issues.

Common Symptoms of Anxiety:

Feeling restless or tense	Sweating and/or Trembling
Having difficulty controlling worry	Breathing rapidly and shallowly
Having an increased heart rate	Feeling weak or tired
Having trouble concentrating	Having trouble sleeping
Numbness or tingling	Chills or hot flashes
Having urge to avoid potential stressful situations	

There are various types of Anxiety:

- ❖ **Generalized Anxiety** - long-lasting worries about non-specific live events, objects and situations
- ❖ **Social Anxiety** - excessive fear of being negatively judged by others in social situations or of public embarrassment
- ❖ **Health Anxiety** - excessive fear about one's health
- ❖ **Separation Anxiety** - fear of being away from home, a place that provides feelings of security or loved ones
- ❖ **Obsessive-Compulsive** - recurring irrational thoughts that lead you to perform specific, repeated behaviours
- ❖ **Panic** - brief and sudden attack of intense terror and apprehension
- ❖ **Phobias** - excessive fear of a specific object, situation or activity



Mental Health Therapy
& Life Coaching

073 504 3546

enquiries@gemtherapy.co.za

www.gemtherapy.co.za



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