

# ANXIETY



What is anxiety?

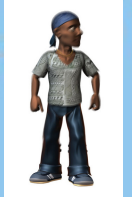
People who feel edgy and nervous and restless – and who worry about things a lot of the time - might have an anxiety disorder.

They might



Not concentrate well and not be able to work well

Worry about things a lot of the time



Feel short of wind, and shaky and sweaty

Feel afraid for no good reason



Get angry too quickly

Walk round all night instead of sleeping



What makes me anxious?

These things can cause anxiety:



Poor physical health  
Loss or bereavement  
Too much stress



Too much Alcohol or Gunja or other drugs  
Stopping usual treatments  
Breaking Law



Family History (someone else in the family has the illness)

People with mania or depression can also have psychosis as well – and will usually need treatment for both problems - see the psychosis pamphlet.



**What change helps if you are anxious?**

**OUTSIDE CHANGES**



**Family support  
Elders  
Traditional healer  
Clinic Mob / Mental Health Mob  
Anti anxiety and anti-depressant tablets - with dosette or Webster pack  
Hunting, fishing, dance  
Going to country  
Stopping gunja, alcohol or other drugs**



**INSIDE CHANGES**

**Know about treatment  
Remember totems, family, elders  
Remember what keeps you strong (spiritually, physically, socially and emotionally)  
Make changes so that you are doing what keeps you strong (spiritually, physically, socially and emotionally)  
Relax more  
Think positive**



**How do you make change?**

**Everyone can make change - when they are ready  
There are lots of different ways to change  
Telling people they SHOULD change doesn't help  
Letting them know you think they CAN change does help  
Everyone changes in his or her own time  
Small steps can lead to big changes**

**This information sheet is produced by AIMHI NT 2005 (updated 2008)  
We invite your feedback and comments.  
tricia.nagel@menzies.edu.au**