



## COMMON SIGNS OF ANXIETY

An anxiety condition is more than being stressed and is different to everyday experiences of feeling worried or anxious.

Some of the signs and symptoms of anxiety include:

- Difficulty sleeping, feeling restless and on edge
- Feeling overwhelmed, panicked and/or irritable
- Constant worrying, reoccurring/ Obsessive thoughts
- Avoiding particular situations or people
- Increased alcohol or other drug use.

Recognising these signs and symptoms early is important as the sooner a person takes action, the better the outcome.

## COMMON SIGNS OF DEPRESSION

A person may be depressed if, for two weeks or more, they have felt sad, down or miserable most of the time or have lost interest or pleasure in most of their usual activities.

Some of the signs and symptoms of depression include:

- Loss of interest in work, hobbies and doing things they normally enjoy
- Lack of energy, difficulty sleeping or sleeping more than usual
- Irritability, feeling overwhelmed, difficulty concentrating
- Increased use of alcohol and other drugs
- Thinking or feeling hopeless or worthless better the outcome

## PERSONAL RISK AND PROTECTIVE FACTORS FOR ANXIETY AND DEPRESSION

While there is no single cause of anxiety and depression, there are a number of known risk factors. Generally, anxiety and depression are not a result of a single event, but from a combination of factors.

- Death of a loved one
- Relationship and family problems - sick kids, divorce
- Personal or family history of anxiety and/or depression
- Financial problems
- Job stress
- Physical injury or illness
- Caring for someone who is unwell
- Loneliness or isolation.

**If certain protective factors are in place, these will reduce the risk of a person experiencing anxiety and/or depression. Some protective factors include:**

- Support from family and friends
- Exercising regularly
- Eating well
- Good sleep patterns
- Hobbies.

## SUPPORTING RESOURCES

- beyondblue's Man Therapy website ([www.mantherapy.org.au](http://www.mantherapy.org.au))
- beyondblue Support Service - Anxiety and depression: An information booklet
- Lifeline 131114
- Free life coaching called New access 1800 010 630