



## **ANXIETY**

Have you ever felt overwhelmed with feelings of anxiety? If so, there's a good chance you are looking too far into the future, imagining all that could go wrong. Anxiety is the physical reaction to the mental worries.

Symptoms that you may find yourself struggling with when dealing with anxious thoughts can fall under 2 umbrellas: the physical and the mental/emotional.

Physical – This can include chest tightness, lack of sleep, stiff shoulders/neck and even panic attacks.

Mental/Emotional – This can include fear, avoidance of certain situation or people and procrastination.

These anxious feelings, in addition to your body and minds reaction to them can make it difficult to concentrate and thus, hinders your ability to give your best effort, as nervous thoughts race through your mind.

## **SEEK HELP**

Working through these feelings and emotions with a counsellor can be very beneficial in getting to the root of the problem and discussing it with a trained professional who can help you with methods to move past it.

Finding ways to relax can also help you alleviate anxiety. A counsellor can help you find relaxation techniques and forms of meditation that best suit you.

Please feel free to make further enquires;

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