



# COMMON WELLBEING WORRIES

We all experience times when we are stressed, anxious, sad or low and there is usually an event we can link these feelings. Just remember the difficult time will eventually pass. For some, the experiences may last longer or be related to other past experiences and interfere with general functioning and everyday life.

It is important to acknowledge that you are not feeling yourself and that its okay to reach out for help if you are struggling to feel better on your own.

- Depressed Mood - you may feel isolated, unmotivated, guilty, numb or worthless, and stop enjoying activities you once enjoyed. You may have many negative and unhelpful thoughts, lack concentration and experience changes in your sleep and appetite, leading to feelings of tiredness.
- Anxiety and Panic - this can lead you to avoid certain situations, you may even experience panic attacks, extreme worry or fears. You may have increased heart rate, shortness of breath, feel jittery, or feel like you want to escape from a usually non-threatening situation. It can be very distressing, and you may have trouble sleeping or have changes in your appetite.
- Self-harm and Suicide - if you are self-harming or experiencing thoughts of suicide, please reach out to someone you trust or make an appointment with a health practitioner, counsellor or your GP. There are always options and reaching out can help you explore them.

Apps:

- iBobbly
- Calm Harm
- BeyondNow: Suicide Safety

Links:

- BeyondNow: <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>
- Wellmob: <https://wellmob.org.au/>
- Headspace Yarn Safe: <https://headspace.org.au/yarn-safe/>
- 13 YARN: <https://www.13yarn.org.au/>
- Lifeline: 13 11 14 <https://www.lifeline.org.au/>



## WOLLOTUKA WELLBEING

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Artwork: Stronger Together (2021) Artist: Darleen Cooper

