We all get anxious from time to time. Experiencing a little bit of anxiety can even motivate us and increase our performance. However, too much anxiety can impact negatively on our day to day functioning, and cause distress. Anxiety in the form of panic attacks, extreme worry or unrealistic fears or phobias may mean you are experiencing an anxiety disorder. With an anxiety disorder you will feel out of place and the anxiety will be interfering with your life. Sometimes it interferes in just one area, like exam anxiety but other times it is evident across multiple parts of your life.

**Tips for managing anxiety**

- Learn some breathing strategies. Breathe in for four seconds, hold for two seconds, then breathe out for six seconds. Check out our tip sheet on ‘The Calming Breath’ to help you improve this skill.
- Notice your thinking patterns. Be aware of what your thoughts are, and how they influence your anxiety.
- Face your fears in a ‘graded’ way – like climbing a ladder, one rung at a time.
- Check out the ‘Grounding Techniques’ tip sheet to help you stay in the present moment rather than worrying about the past or future.
- Seek help from a professional. Anxiety disorders are treatable.
- Take care of yourself. Make sure you are eating well, getting enough sleep, and staying active.

**Help is available**

- Contact your GP, the University Health Service on campus or University Counselling and Psychological Services on (02) 4921 6622.
- Talk to a family member or friend about your worries.

**Online resources**

- AnxietyBC
  www.anxietybc.com
- Beyondblue
  www.beyondblue.org.au/the-facts/anxiety
- Headspace
  www.headspace.org.au
- MindSpot
  www.mindspot.org.au/anxiety

**Apps**

- Search on the App Store or Google Play
- Breathe (Apple only)
  Breathe helps you increase your deep breathing skills and gain better control over your physical responses.
  au.professionals.reachout.com/reachout-breathe
- Clear Fear
  This app helps to reduce physical responses to anxiety, as well as managing thoughts and emotions.
  www.clearfear.co.uk/
- MindShift
  MindShift is an app designed to help people cope with anxiety. www.anxietybc.com/resources/mindshift-app
- ReachOut WorryTime (Apple only)
  Track your worries and get tips on how to cope with them.
  au.reachout.com/reachout-worrytime-app
- Rootd - Panic Attack and Anxiety Relief
  An app to help you manage panic attacks and anxiety.
  www.rootd.io/
- Smiling Mind
  Smiling Mind is a mindfulness app with a number of different audio scripts to help you develop your mindfulness skills.