



Anxiety affects individuals in different ways. It is therefore important to learn to recognise the common symptoms as listed below:

- I cannot stop worrying.
- I keep thinking that something bad will happen to me/my family and friends.
- I worry so much that I have problems sleeping.
- I cannot seem to relax.
- I cannot concentrate on my tasks at hand.
- I am easily irritated and feel tired all the time.
- I tremble and have sweaty palms.
- I suffer from frequent headaches.
- I feel so frightened that I keep panting.
- I feel so tensed that I experience twitching of muscles and a tingling sensation.

If you experience most of the above symptoms for six months or more, you may be suffering from excessive anxiety. Do consult your doctor. Your doctor will help determine if you are suffering from the condition known medically as an anxiety disorder.

WHERE TO GET HELP

Untreated anxiety disorders can lead to depression. Seek help early by calling your family doctor or one of these Helplines.

HELPLINES

Counselling & Care Centre
6536 6366

Institute of Mental Health
6389 2222 (24 hr Emergency Helpline)
6389 2200 (for making appointments only)

Mt Elizabeth-Charter's Helpline
1800 738 9595 (24 hr)

SAF Hotline (for SAF personnel only)
1800 278 0022

Samaritans of Singapore (SOS)
1800 221 4444 (24 hr)

Singapore Association for Mental Health
1800 283 7019 (9 am to 6 pm Mon-Fri)

**The above information is correct at the time of printing.*

**SEEK HELP EARLY.
YOU DON'T HAVE TO SUFFER ALONE!
WITH EARLY TREATMENT, YOU CAN
LEAD A NORMAL AND PRODUCTIVE LIFE.**



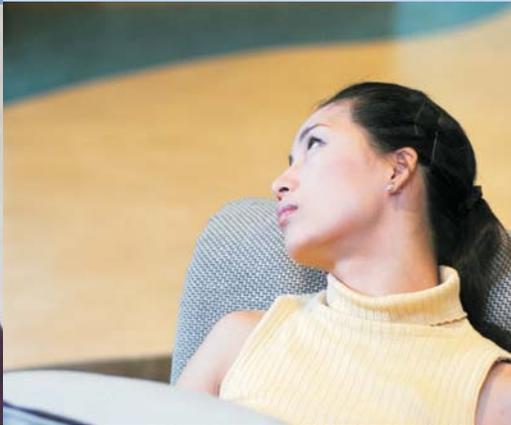
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WAY OUT OF Excessive Anxiety





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Anxiety is the body's normal reaction to important or stressful situations. Examples of such situations include getting married, shifting house and changing of jobs. A little anxiety can help us stay alert and motivate us to handle these situations well.

Almost everyone experiences anxiety from time to time. However, anxiety can become a problem when it interferes with your daily activities. Excessive anxiety can make you feel trapped and depressed.

Many people do not seek help because they hold on to certain myths about excessive anxiety or anxiety disorders.

Some of these include:

Myth: I feel that the best way to handle the initial symptoms of excessive anxiety is to ignore it.

Fact: Ignoring the symptoms will not help. Excessive anxiety can affect your daily activities. You need to consult your doctor.

Myth: I do not want to seek help for anxiety disorder as others may think I lack self-control.

Fact: Even though a person appears unable to control his anxious feelings, he is still in control of his thoughts and actions. When you consult your doctor you can learn to change your thinking patterns that will help you to control anxiety.

Myth: I do not want to seek help as I am not able to tell the doctor why and how I become excessively anxious.

Fact: It is not crucial to know why and how you become excessively anxious. It is more important for you to seek a doctor's advice early.

Myth: I feel that if I avoid certain situations, I would be able to control my feelings of excessive anxiety.

Fact: Avoiding situations may make you feel more anxious rather than help you control your feelings of excessive anxiety. It is better to learn how to handle the feelings and the responses to the situation, with the help of a trained professional.

Myth: There's no point in seeking help as I think I do not have a medical condition.

Fact: Excessive anxiety is also known medically as an anxiety disorder. It is important to seek help early. With early treatment you can lead a normal and productive life.

Myth: I'm afraid of being hospitalised when I seek help.

Fact: Not all people who seek help are hospitalised. Most are treated as outpatients in the polyclinics or by their family doctor.