ANXIETY

Both Aster and Xavier suffer from mental health disorders. There are a large number of mental illnesses, disorders and addictive behaviours which affect the way people feel, think and behave.

Xavier suffers from depression which affects 1 in 16 people while Aster suffers from acute anxiety. While everyone experiencing anxiety from time to time when they are faced with stressful, new or fearful situations Aster feels a heightened sense of anxiety or fear far more often and for longer periods of time than most people.

Anxiety is reportedly the most common form of emotional disorder and can affect anyone from young children onwards. Acute anxiety disorder is linked directly to panic attacks, phobias, social anxiety, obsessive compulsive tendencies, separation anxiety, illness anxiety or hypochondria and post-traumatic stress disorder.

In the space below describe a situation which causes you to feel anxious. This could be talking in front of an audience, being in a crowd or riding an escalator.

Now explain what you do to deal with the anxiety you feel and how you are able to complete the task even while feeling anxious.

HPE: ACPPS056 - Examine the influence of emotional responses on behaviour and relationships.

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