

Vitae Chat Pūrongo

November 2024

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Tip sheet: Anxiety

Worries, doubts, and anxieties are a normal part of life. It's natural to worry about an unpaid bill, an upcoming job interview, or a first date. But 'normal' worry becomes challenging when it's persistent and uncontrollable.

We feel this in three ways

- Physical: racing heart, sweating, breathlessness, dizziness
- Thoughts: repetitive, fixed view of a situation with little relation to reality
- Behaviour: withdrawal/avoiding situations.



Managing anxiety

- Remember that severe anxiety and panic is preventable
- Slow breathing
- Focus on an object to help concentration
- Slow down
- Identify your triggers.

Managing worry

Create a 'worry period'

Choose a set time and place for worrying. During your worry period, you're allowed to let your mind run.

Write down your worries

If anxious thoughts arise throughout the day, make note of this and then continue as usual. Writing down your thoughts is much harder work than simply thinking them, so your worries may lose their power.

Go over your 'worry list'

As you examine your worries during the 'worry period', you'll often find it easier to grow a more balanced perspective. If your troubles/ concerns don't seem important anymore, cut your worry period short and enjoy the rest of your day.

Know your triggers

When we know our triggers, we can be prepared and put these strategies to use. Building an understanding of ourselves and how our brain works leads to better management of worry.

Symptoms may vary, but persistent feelings of high anxiety cause discomfort and disruption to everyday living. If anxiety continues to adversely affect you, then it is recommended to seek professional help.

Anxiety and men

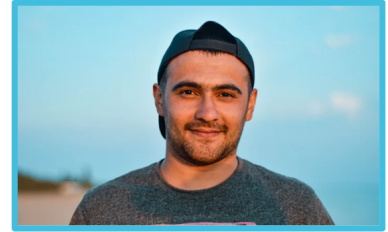
According to the 2022/23 New Zealand Health Survey, approximately 16.5% of adult males reported having been diagnosed with anxiety disorders. This marks a notable increase from 11.2% in 2021/22, indicating a growing concern regarding men's mental health in the country.

The survey also highlights that men are generally less likely to seek help for anxiety compared to women. That's why recognising and addressing this issue is so important. By raising awareness and support, we can all work to break the stigma surrounding mental health issues for men and help ourselves and our loved ones back on the road to wellbeing.

Addressing anxiety in men

Reevaluate cultural norms

Challenge rigid stereotypes that tell you to suppress your emotions. Understand that vulnerability is a strength, not a weakness.



Find support from other men

Establish open communication with male friends or family members. Normalise discussing mental health and any challenges with each other.

Grow emotional intelligence

Develop self-awareness and an understanding of your emotional triggers. Encourage emotional expression in yourself as a means of personal growth.

Mind-body connection

Explore physical activities that align with your personal interests and values. Recognise the impact of anxiety on your physical and mental health.

Set boundaries

Establish clear boundaries to manage work, personal life and social commitments. Prioritise self-care without falling for societal pressures to constantly achieve.

Speak to a counsellor

If you don't have anyone to talk to at home – or you need a higher level of support – please reach out to a counsellor to discuss what's on your mind.

Ask your GP

Long-term anxiety may require a visit to your GP. They can help you evaluate if any physical changes are needed or determine if medication would be useful.

Training opportunities: Nov-Dec 2024

These interactive workshops are delivered on Microsoft Teams, every Wednesday from 11.00am-12.00pm by an experienced facilitator. The content is clinically based, applying practical skills and strategies.

Registrations are capped at 2 participants per business for each workshop. This is to maximise availability to as many customers as possible. These workshops are offered at a subsidised cost of \$50+gst per person.

By having a range of businesses attend we can share and learn from each others experience, building a network of professionals to connect with around New Zealand. For wellbeing workshops for your team, contact workshops@vitae.co.nz

Wednesday 6th Nov	Dealing with conflict
Wednesday 13th Nov	Navigating change and uncertainty
Wednesday 20th Nov	Building a culture of respect
Wednesday 4th Dec	Managing wellbeing through Te Whare Tapa Whā
Wednesday 11th Dec	Understanding & managing stress

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