Living with anxiety

Understanding anxiety, recognising the signs and knowing when to seek support

avive

Living with anxiety can affect many areas of life – including emotional wellbeing, physical health, relationships, work and day-to-day functioning. For many people, anxiety is not simply about feeling worried or stressed. It can involve persistent worry, fear, overwhelm or physical symptoms that make everyday activities more difficult to manage.

Anxiety can affect people differently, and support needs vary from person to person. With the right support and treatment pathway, recovery is possible.

About Avive Heatlh

Avive provides connected mental health care pathways across inpatient admissions, day programs, psychiatric review, TMS and authorised assisted therapies delivered by approved clinical partners within our licensed private hospital environments.

Through our hospitals, outpatient services and Cloud Clinic by Avive telehealth platform, we support people experiencing a broad range of mental health concerns with integrated, evidence-based care tailored to individual needs.

Understanding anxiety

Anxiety is a normal human response to stress, uncertainty or perceived threat. While everyone experiences anxiety from time to time, persistent anxiety can begin to affect wellbeing, relationships and daily functioning.

For many people, anxiety may be linked to life stressors, trauma, workplace pressures, health concerns or other mental health conditions. Anxiety may also occur alongside depression, PTSD or complex trauma.

Common signs and symptoms

People living with anxiety may experience the following, and symptoms and severity can vary between individuals:

- persistent worry or racing thoughts
- feeling on edge or unable to relax
- difficulty concentrating or making decisions
- irritability or feeling overwhelmed
- sleep disturbances or fatigue
- muscle tension, headaches or a racing heart
- avoiding situations that feel stressful or overwhelming
- withdrawing from social, work or daily activities
- ongoing fear or worry that is difficult to control

What can contribute to anxiety?

Anxiety is often influenced by a combination of biological, psychological, environmental and social factors. These may include:

- trauma or adverse life experiences
- chronic stress or burnout
- workplace, study or financial pressures
- relationship or family difficulties
- physical health conditions
- family history of anxiety or mental health concerns
- grief, loss or major life changes

When to seek support

You do not need to wait until things feel severe or unmanageable to seek support. It may help to seek professional support if anxiety is:

- affecting relationships or family life
- impacting work, study or daily functioning
- contributing to emotional distress or isolation
- interfering with sleep or wellbeing
- becoming difficult to manage alone

Seeking support early may help reduce escalation and support long-term recovery.

Treatment and support options

While treatment pathways depend on individual needs and clinical assessment, support for anxiety may include:

- psychological therapy
- psychiatric review and medical oversight
- medication where appropriate
- inpatient mental health care
- structured day programs
- anxiety management strategies
- group therapy and peer support
- support for co-occurring mental health conditions
- family or carer involvement where appropriate

How can Avive help?

Avive provides integrated mental health care designed to support people experiencing anxiety and related mental health concerns. Depending on individual needs, support may include:

- inpatient admissions within a licensed private mental health hospital
- psychiatric review and medical oversight
- structured therapeutic programs
- evidence-based psychological therapies
- day programs and step-down support
- support for emotional regulation and coping strategies
- telehealth appointments through Cloud Clinic by Avive
- family and carer involvement where appropriate

Our team works closely with patients, families and referrers to help identify the most appropriate level of support.

Supporting someone living with anxiety?

Recovery often involves ongoing support, connection and practical strategies over time. If someone you care about is living with anxiety, it can help to:

- approach conversations without judgement
- encourage professional support
- maintain connection and communication
- recognise changes in mood or functioning
- support routines and treatment engagement where appropriate

Contact Avive

Inpatient admissions and day program enquiries

1800 284 830

help@avivehealth.com.au

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This fact sheet provides general information only and is not a substitute for medical advice, diagnosis or treatment. Individual experiences and treatment pathways vary. Please speak with a qualified health professional about what support may be appropriate for you.