

YOUR MENTAL HEALTH IS IMPORTANT!

Feelings of **anxiety** are a normal response when we are faced with threatening or stressful situations such as the current pandemic.

Anxiety can affect different people in different ways:



BEHAVIOUR

- Avoidance
- Obsessive or compulsive behaviour
- Difficulty relaxing
- Distress in social situations
- Relying on medications to feel better



FEELINGS

- Worried
- Nervous
- Panicked
- Overwhelmed
- Fearful
- Irritable



THOUGHTS

- 'I can't control myself'
- 'People are judging me'
- 'I'm going crazy'
- Having upsetting dreams or flashbacks of a traumatic event
- Finding it hard to stop worrying



PHYSICAL HEALTH

- Rapid heartbeat
- Hot or cold flashes
- Sweating
- Nausea
- Dizziness
- Muscle pain
- Shortness of breath
- Shaking
- Sleep disturbances
- Tiredness
- Lack of concentration

If these feelings and thoughts persist for more than two weeks,
call the National Helpline at 16000



خدمات الصحة النفسية
Mental Health Service

