



WISECARER
Beyond Caregiving, Into Wellbeing

MANAGING ANXIETY

Mental health matters. Taking care of someone can be incredibly rewarding, but it can also come with emotional strain, especially if you or your loved one is experiencing anxiety or feeling excessive worry. This Tip Sheet may give you some helpful info.

What Anxiety Might Look Or Feel Like

Anxiety is more than just stress. It can feel and present in a few different ways:

- Constant worry that doesn't stop
- Trouble sleeping or switching off
- Feeling overwhelmed, out of control, or restless all the time
- Avoiding certain places or people that you would usually frequent or see
- Physical signs like a racing heart, nausea, chest pain, trouble breathing (different symptoms happen for different people)

It's important to keep a note of symptoms in yourself or your loved one. Especially if symptoms persist over a period, this is best to discuss with your GP.



Keep In Mind

You are not failing in any way by feeling the above.

Getting support is essential.

Tips to Manage Anxiety

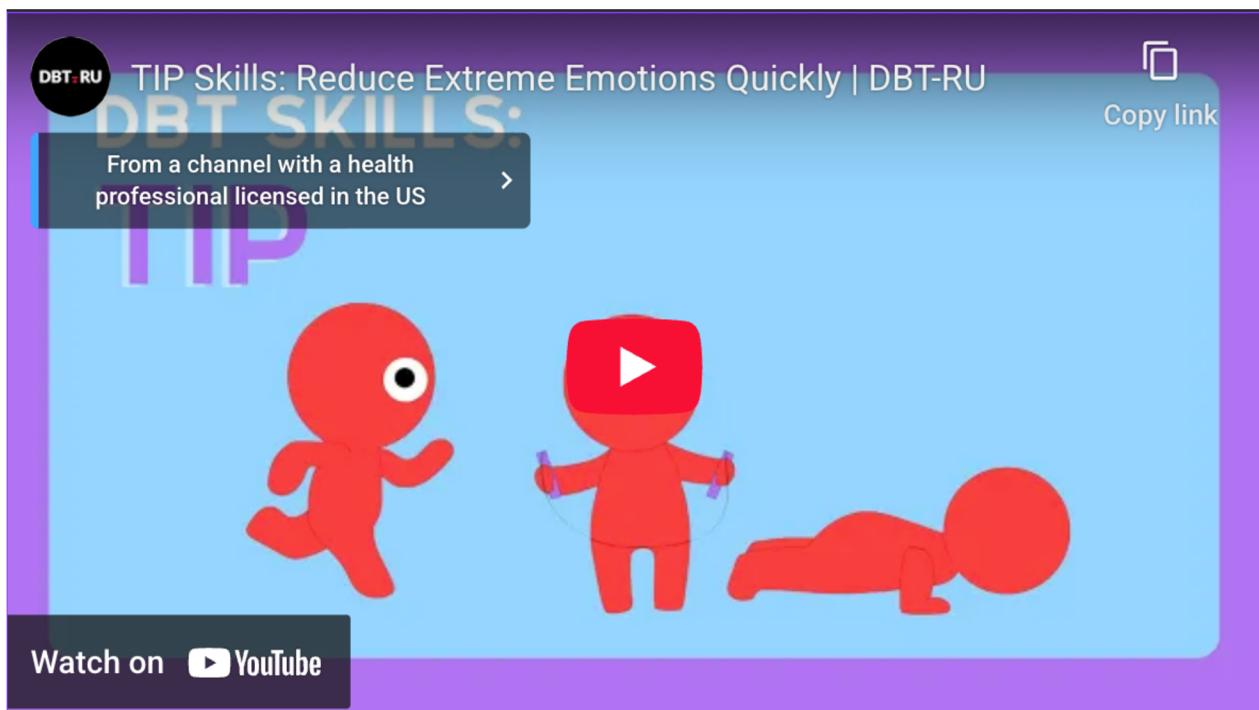
Here are some strategies you can try

Mind

Strategies You Can Try

We have a lot going on in our heads daily, which can make it very hard to catch a break from our brains. You could try:

- Spotify/ YouTube guided body scan meditation
*Relaxation resources
- Breathing exercises
- Grounding technique (5-4-3-2-1 method)
- Have a look at our TIP sheet for feeling overwhelmed



Increasing Positive Brain Chemicals

Dopamine

The rewarding chemical

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

Oxytocin

The love hormone

- Playing with a dog
- Playing with a baby
- Holding hands
- Hugging your loved ones

Serotonin

The mood stabilizer

- Sun exposure (be sun safe)
- Meditating
- Running
- Being in nature

Endorphin

The pain killer

- Laughing
- Exercising
- Dark chocolate

Body

Movement is medicine; making sure we move daily is so important.

You could try:

- Simple stretching at home, rolling your neck and shoulders
- Assisted stretching with a friend or partner
- Walking around your garden or block/ street
- Tuning into your favourite song and dancing to release some tension

Please keep in mind that the less you move, the more your brain will tell you to rest. This is a nervous system reaction, and you need to move to create feel-good chemicals in your body.

Routine

Set small achievable goals each day to try and complete:

Brushing Teeth

Making Your Bed

Calling A Friend Or Loved One

Going On A Morning Walk

Sitting Outside Each Day In The Sun or Outside In Nature For 5 Minutes

Boundaries

It's okay to say no to others; it's also okay to ask for help, as overextending fuels anxiety. Be aware of your communication style

[Visit Site](#)

Sleep

Create a relaxing evening routine and stick with it

[How To Relax](#)

You could try:

- Keeping your phone out of your bedroom
- Getting an “old-fashioned alarm”
- Drinking a warm herbal tea (e.g. chamomile)
- Taking a bath
- Listening to calming music
- A few drops of essential oils, such as lavender, on your pillow

[Sleep Strategies](#)



TALK

Share how you're feeling with a support worker, psychologist, nurse or helpline – Contact [Medicare Mental Health](#) for support.

[Visit Site](#)

Support Network

Talking to family members or trusted friends can really help share the emotional load.

You could try:

- Asking for help on a specific day or time
- Remember that just because someone hasn't offered to help doesn't mean they can't help or are not willing to help

Helpful Resources



CARER GATEWAY

Free counselling, peer support, coaching for carers

[1800 422 737](#)

ARAFMI QLD

24/7 mental health carer helpline & support groups

[1300 554 660](#)

BEYOND BLUE

Info and support for anxiety, including carer stress

[1300 22 46 36](#)

MIND AUSTRALIA

Carer support programs and educational tools

[Visit Site](#)



SANE CARER FORUMS

Safe, anonymous mental health online forum for the carer community

[Visit Site](#)

MEDICAL MENTAL HEALTH

Free, confidential mental health help and counselling

[1800 595 212](#)

NEW ACCESS

Free, confidential mental health and CBT coaching for people experiencing distress

[Visit Site](#)

Need More Support than an information sheet?

You can:

- Speak to your GP about a mental health care plan – 10 sessions with a Mental Health clinician
- Speak to your GP about a 291 Form for a bulk-billed psychiatrist assessment
- Contact a carer support organisation for local programs on our webpage. They can be found [here](#)
- Connect with a carer support group online or in person. They can be found [here](#).

We gratefully acknowledge all the partners, **Queensland Mental Health Commission, ASPIRE, Gold Coast University Hospital and Southern Cross University.**



Queensland
Mental Health
Commission



**Southern Cross
University**

WANT SOME HELP

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