CLARITY
SINGAPORE

What Is Anxiety?

Anxiety is a natural response to stress or perceived danger. When it becomes persistent or overwhelming, it can make everyday situations feel difficult and interfere with your daily life and wellbeing.

How Anxiety Can Affect You

MENTALLY

- Feeling tense or restless
- Sense of impending danger or doom
- Difficulty concentrating
- Trouble controlling worry

PHYSICALLY

- Difficulty sleeping
- Headaches or migraines
- Lightheadedness or panic attacks
- Gastrointestinal problems



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What Can You Do?



For Yourself

Reach out for support
Talk to someone you trust. Asking for help is a sign of strength, not weakness.

Practise relaxation
Deep breathing and grounding exercises help manage anxious feelings and regain focus.



For Others

Support their journey
Suggest seeking professional help and offer to support them along the way.

Listen without judgement
Be patient, listen with empathy and create a safe space for them to share their feelings.

Connect with us!
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