



### **ANXIETY: Is it good or bad?**

The simple answer is, it's not always that simple! Healthy levels of anxiety ("GOOD") can have many benefits as part of the human condition, whereas unhealthy levels of anxiety ("BAD") can have significant negative implications. Most of us will find that our anxiety response changes in different situations – sometimes it may bring out the best in us, at other times it may feel like it's hindering us. Check out the table below to help guide your reflection on how anxiety impacts you.

<b>BAD anxiety can...</b>	<b>GOOD anxiety can...</b>
Paralyse us by fixating on catastrophic outcomes	<b>Prepare and protect us from threats</b>
Cause indecisiveness	<b>Identify what we want to prioritise</b>
Associate negatives towards things we like	<b>Clarify between what we like and dislike</b>
Make us procrastinate	<b>Motivate us to action</b>
Contribute to health complications	<b>Increases confidence when overcome</b>
Lead to embarrassing physical symptoms	<b>Help us feel energised and alert</b>
Make us feel lost	<b>Promote critical thinking</b>
Distract us from performing as well	<b>Encourage and increase performance</b>

If you'd like to explore anxiety or other mental health concerns further, we encourage you to visit our website at [leewong.com.au](http://leewong.com.au)