

# Are you Anxiety Aware?

**Mental Health  
Awareness Week 2014**  
12–18 May

**56% of people think we are more  
anxious today than 5 years ago.\***

We're all anxious at times, and in small amounts anxiety can be motivation for personal achievement or survival.

However persistent and excessive anxiety, if left unchecked, can cause long term mental health problems and affect our ability to deal with everyday life.

Anxiety disorders are among the most common mental health problems in the world: recognise the signs and manage your anxiety before it seriously affects your wellbeing.

Find out more about anxiety and how to develop positive coping strategies [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



**mental  
health  
foundation**

\*Source: YouGov Plc. April 2014