



MELBOURNE
COUNSELLING
CENTRE

Here for you. Backed by care.

Your Mental Health Matters

Support, Understanding
and Positive Change



Compassionate care.
Professional support.
Stronger together.

How to Manage Anxiety in Everyday Life

Practical strategies for greater calm, confidence and wellbeing



Individual
Support



Relationship
Counselling



Mental Wellness
& Growth

SAFE SPACE. REAL CONVERSATIONS. LASTING CHANGE.

How to Manage Anxiety in Everyday Life

Everyone experiences anxiety from time to time. While anxiety is a normal response to stress, it can become overwhelming and interfere with daily life. The good news is that anxiety is highly manageable with practical strategies and support.

What Is Anxiety?

Anxiety is your body's natural fight, flight or freeze response. It prepares you to respond to danger, but it can sometimes become activated even when there is no immediate threat.

Common Signs of Anxiety

Physical symptoms may include a racing heart, sweating, muscle tension, stomach discomfort and difficulty sleeping.

Emotional symptoms include excessive worry, feeling overwhelmed, irritability and difficulty relaxing.

Thinking patterns often include overthinking, catastrophising and self-doubt.

Understand Your Triggers

Notice situations, people or events that increase your anxiety. Keeping a journal can help identify patterns and triggers.

Focus on What You Can Control

Ask yourself what you can do today, what is outside your control, and what one small step you can take.

Challenge Anxious Thoughts

Question whether your thoughts are based on evidence, whether you are expecting the worst, and whether there may be another explanation.

Calm Your Body

Practise slow breathing, muscle relaxation, stretching, gentle exercise or a short walk to help settle your nervous system.

Everyday Strategies for Managing Anxiety

Small, consistent actions can help reduce the impact of anxiety and support your emotional wellbeing over time.

Stay Connected

Talk to trusted family or friends and accept support when it is offered. You do not have to manage anxiety alone.

Look After Your Physical Health

Regular exercise, good sleep, nutritious meals, hydration and limiting caffeine and alcohol all support emotional wellbeing.

Avoid Avoidance

Although avoiding anxious situations may bring temporary relief, gradually facing challenges with support often helps reduce anxiety over time.

Practise Self-Compassion

Speak to yourself with kindness and remember that setbacks are part of learning and recovery.

When to Seek Professional Support

Consider counselling if anxiety affects your work, relationships, sleep or everyday activities, or if self-help strategies are no longer enough.

A Simple Daily Check-In

Notice	What am I feeling in my body and emotions right now?
Name	What thought, situation or trigger may be contributing to this feeling?
Choose	What is one helpful action I can take next?

Key Takeaways

Managing anxiety is often about building a toolkit of practical strategies and using them consistently.

- Anxiety is common and manageable.
- Learn your triggers.
- Focus on what you can control.
- Calm your body.
- Challenge anxious thoughts.
- Stay connected.
- Seek professional support when needed.

Professional online counselling for individuals and couples across Australia.

"Anxiety doesn't have to control your life. With the right support and practical strategies, you can build confidence, resilience and greater peace of mind."

Melbourne Counselling Centre