MENTAL HEALTH

Why worry (excessively), be happy

MOST people worry when they are confronted with difficult situations or real life problems.

Some individuals, however, worry excessively, often about things that are unlikely to happen. They find the worry uncontrollable and distressing, and spend much of their day worrying about the possibility of something going wrong at work, with their health, their family, finances or world events.

For some people the constant worry results in feeling restless, on edge most of the time, tired, easily fatigued, tense, irritable and/or may cause them to have trouble sleeping.

The condition is known as generalised anxiety disorder. Often, these ‘worriers’ will avoid activities they think may turn out to be unpleasant.

Fortunately, there are effective treatments. Cognitive behaviour therapy teaches individuals how to control worry, so they can re-engage with the important things in their lives.

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