

Tip sheet

Anxiety and men

According to the [2022/23 New Zealand Health Survey](#), approximately 16.5% of adult males reported having been diagnosed with anxiety disorders. This marks a notable increase from 11.2% in 2021/22, indicating a growing concern regarding men's mental health in the country.

The survey also highlights that men are generally less likely to seek help for anxiety compared to women. That's why recognising and addressing this issue is so important. By raising awareness and support, we can all work to break the stigma surrounding mental health issues for men and help ourselves and our loved ones back on the road to wellbeing.



Addressing anxiety in men

Reevaluate cultural norms

Challenge rigid stereotypes that tell you to suppress your emotions. Understand that vulnerability is a strength, not a weakness.

Find support from other men

Establish open communication with male friends or family members. Normalise discussing mental health and any challenges with each other.

Work on your emotional intelligence

Develop self-awareness and an understanding of your emotional triggers. Encourage emotional expression in yourself as a means of personal growth.

Mind-body connection

Explore physical activities that align with your personal interests and values. Recognise the impact of anxiety on your physical and mental health.

Set boundaries

Establish clear boundaries to manage work, personal life and social commitments. Prioritise self-care without falling for societal pressures to constantly achieve.

Speak to a counsellor

If you don't have anyone to talk to at home – or you need a higher level of support – please reach out to a counsellor to discuss what's on your mind.

Ask your GP

Long-term anxiety may require a visit to your GP. They can help you evaluate if any physical changes are needed, or determine if medication would be useful.

Contact

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