

What is Anxiety?

Anxiety is the body's natural reaction to stress. Stress triggers the fight/flight reaction, leaving our bodies full of adrenaline and cortisol. This makes us feel more alert and causes physical changes to help us respond to danger. Anxiety can be helpful as it is a normal, adaptive response to keep us safe.

It is normal to feel anxious from time to time, particularly when experiencing stressful events or changes, but it can become a problem when it impacts your ability to enjoy life fully. If your physical and emotional reactions are out of proportion to the stressors you are facing, you avoid situations that make you anxious and your worries feel out of control then you might need support to manage your anxiety.

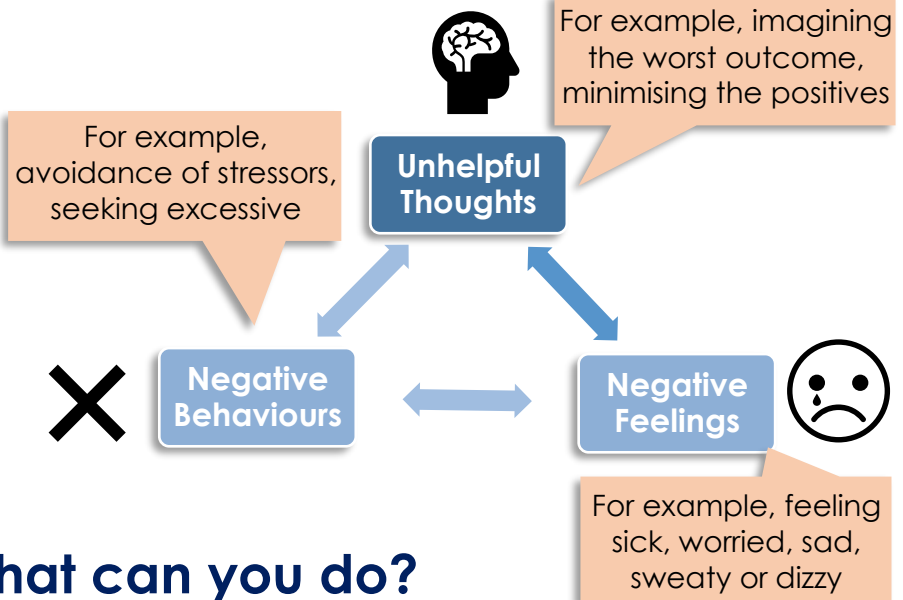
Emotional Symptoms

- Feeling overwhelmed
- Feeling scared/worried
- Low mood
- Irritability
- Restlessness
- Being on-edge
- Trouble sleeping

Physical Symptoms

- Fast heart rate
- Feeling sick/upset tummy
- Dry mouth
- Poor sleep
- Dizziness
- Sweating
- Pain

Commonly when people are anxious, they have some thoughts that exacerbate their anxiety. These thoughts can make us feel bad and can lead to us engaging in unhelpful behaviours.



What can you do?

Talk to your GP - Your GP can refer you for talking therapy like Cognitive Behaviour Therapy, which helps you to challenge unhelpful thoughts.

Look after yourself - Try to eat a balanced diet, stay hydrated, exercise and get enough sleep.

Get to know your thinking patterns - There are apps that can help you keep an eye on the thoughts that are more common when your anxious.

Practice mindfulness and relaxation - Mindfulness can take your focus away from worrying thoughts and relaxation calms the fight/flight response.

Don't avoid - Avoiding things that make you feel anxious takes away chances to prove you can cope.

Be kind to yourself - Remind yourself that lots of people experience anxiety and you are doing the best you can.

For more free resources, please visit our website;

www.psychologyassociates.org.uk

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