

Condition:



Anxiety

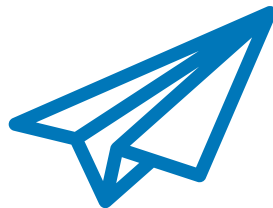
What is it?

Anxiety is a feeling of unease and worry about things that are about to happen or could happen in the future. Anxiety is a normal response that we can all feel when faced with something dangerous or threatening. When this happens Adrenaline is rushed into our bloodstream to enable us to run away or fight or even freeze, know as the fight, flight, freeze response.



Fight

You fight something if someone is trying to force you to do something you do not want to.



Flight

An example of this is when you go out to a social gathering but leave early because you do not feel comfortable.



Freeze

Or you freeze and hope that the danger passes by and you go unnoticed by it.

Summary

Anxiety is a common condition, it can affect everyone in different ways and for different reasons, but can become a problem when it impacts your day to day life. This is when you might need to go to your GP to seek further support. There are also ways of managing the condition with self-help tools so that you are able to find the balance for you and begin to continue with your day to day life again.

Causes

Anxiety is the feeling we get when our body responds to danger but can be triggered by a number of different factors such as:

- Change in personal situation
- Change in relationship
- Change in job
- Suffering a loss
- Ongoing day to day stress
- Side effects of prescription medication
- Misusing drugs or alcohol

Symptoms

Anxiety can feel different for everyone. You can experience a wide range of symptoms from physical sensations, thoughts, feelings and behaviour may be affected too.

Below is a list of the most commonly experienced symptoms.

Psychological

On edge
Nervousness
Panicky
Stressed
Irritable
Worrying about the "what if's"
Moving from one worry to another
Thinking about worst case scenarios
Rumination
Repeated thoughts

Physical

Feelings of tension
Muscular pain
Feeling dizzy/faint
Tight chest (chest pains)
Palpitations/heart racing
Breathing changes
Unable to concentrate

Social impacts

Avoidance
Pacing
Finding it hard to relax
Snapping at others
Talking quickly
Frustrated

Reference



Click on the link to view Understanding Anxiety
Video (link opens in new window)

How is it diagnosed?

- A GP, a psychologist or psychiatrist will make a diagnosis following a consultation. Any worries and fears that you have will/can also be discussed at this time too.
- You may be asked to complete a health questionnaire (Generalised Anxiety Disorder GAD).

Anxiety can go on and on and become a longer lasting problem which stops you doing things that you wish to do. Support from your GP would be advised when:

- Thoughts are long lasting
- Worries and fears feel overwhelming
- You avoid certain situations
 - people or places
- You have distressing worries which can be hard to control
- Regularly having the symptoms of anxiety

Recommended Treatments

Your GP might offer to prescribe you medication and/or talking therapies to help manage some of the symptoms. There is a variety of self-help and self-management support also available.

Medication (you might be offered)

- Beta Blockers
- Antidepressants

Talking therapy/Complimentary therapies

- Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave.
- Counselling

Self-Management

There are some things you can do alongside medical treatment that can boost your mood. They can also help to distract you and look after your general health.



Exercise

Exercise uses the energy from anxiety and releases endorphins which boost our mood.

Mindfulness

Mindfulness is a practice on focusing on the present moment. When you're mindful, you are aware of your thoughts and feelings without judging them good or bad.

Distraction/Hobbies /Work

You may think there's nothing that could distract you from being anxious. Distraction can be in different forms but it is working out what works best for you.

Relaxation

Relaxation skills could be helpful to release tense muscles in the body and to unwind the mind. Relaxation techniques includes things such as breathing techniques or doing something like reading a book or listening to music.

Sleep Hygiene

Sleep hygiene is a variety of different practices and habits that are helpful to have good night time sleep quality and daytime alertness.

Healthy Eating

Eating a healthy balanced diet can help you to keep a healthy weight, provide the energy and nutrients that your body needs as well as helping you to feel your best.

Problem Solving

If there is a certain problem that is causing you anxiety, speak with friends and family to plan a way to try and solve the problem.

Challenging Thoughts

Anxiety can have a negative impact on your thoughts, feelings and emotions. Learning to recognise your thoughts can help you to begin to challenge and change them.

Useful links

Reference



Click here to visit Mind
Website (link opens in new window)

Reference



Click here to visit NHS
Website (link opens in new window)

Reference



Click here to visit Get Self Help
Website (link opens in new window)

Reference



Click here to visit Royal College of Psychiatrist
Website (link opens in new window)

Reference



Click here to visit Rethink Mental Illness
Website (link opens in new window)

Reference



Click here to visit Mental Health Foundation
Website (link opens in new window)

Five ways to boost your wellbeing



Take notice
Be mindful



Be active
Physical activity



Keep learning
New hobbies



Connect
Reduce social isolation



Give back
Do something nice

Helplines



0300 304 7000
4.30pm to 10.30pm

SAMARITANS

116 123



0800 58 58 58