

Everybody's Mental Health Matters



Anxiety

What is anxiety?

Anxiety is an uncomfortable emotion which may cause distress, worry and nervousness around something that is happening or may happen in the future. Anxiety is a common emotion and a mild state of anxiety is not unusual and can at times be positive and useful. Anxiety is considered a problem when it is prolonged, severe and begins to interfere with everyday life.

Common Symptoms

Everyone experiences anxiety symptoms during their life. Typical symptoms may include:

Emotional / Mental:

- Feeling worried all the time
- Feeling tired
- Unable to concentrate
- Feeling irritable
- Sleeping badly

Physical:

- Irregular heartbeats (palpitations)
- Sweating
- Muscle tension and pains
- Breathing heavily
- Dizziness
- Faintness
- Indigestion
- Diarrhoea

Self Help

Anxiety can sometimes be reduced by responding to or looking differently at an experience. Thinking differently about a situation can help to change the way in which we behave in response to anxiety. Other strategies may include:

- Confront your fears
- Talk about what's troubling you
- Take action and take control over things that worry you, for instance recognize when you can do something about the thing that worries you, and when to put that aside till a more appropriate time
- Be assertive
- Relaxation techniques
- Exercise can help reduce feelings of anxiety or stress

Typical Treatments

- Counseling
- Cognitive Behavioral Therapy
- Medication
- Alternative Therapies

Further Information

You can find out more about anxiety from:

<http://www.nhsdirect.nhs.uk/encyclopaedia/>

<http://www.rcpsych.ac.uk/mentalhealthinformation.aspx>