

Anxiety



www.community.amhie.com

Helpline: 02381 120010



WHAT IS ANXIETY

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future.

Anxiety is a natural human response when we feel that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.

HOW THINGS START

The symptoms of anxiety can be similar to heart issues, starting with things such as shortness of breath, problems sleeping, feelings of dread or unease and having a low mood or feeling depressed.

These feelings can start creeping into your daily life and start to develop further.



HOW IT DEVELOPS

It's important to recognise the factors involved in driving these symptoms.

This can start with previous trauma, issues in your current life situation (such as money worries, high workload or grief), other physical or mental health problems and potentially drug or medication.



MENTAL HEALTH MATTERS

SELF CARE

Coping with the symptoms of anxiety can be challenging but there some things you could try to promote self care.

Identify the reasons you are worried and try talking about it to your peers or a trusted friend. Keep a diary of your feelings, you can also access apps which help you keep accurate logs.



OVERCOMING BARRIERS

Sometimes it's not as simple as talking, as you may not get the resolution you feel you need.

Reaching out to professionals to seek treatment if symptoms persist or get worse is the best course you can take.

We share some useful treatment plans on the next page from MIND UK.

Treatment for anxiety

SELF HELP RESOURCES

- Workbooks. For example, your GP might recommend particular titles from a scheme called Reading Well, which offers Books on Prescription. This scheme is supported by most local libraries, so you can go and check the books out for free – you don't actually need a prescription from a doctor.
- Online cognitive behavioural therapy (CBT) programmes. There are several online CBT courses to treat anxiety and panic attacks. See our page on CBT to find out more.

TALKING THERAPIES

- Cognitive behavioural therapy (CBT) – this focuses on how your thoughts, beliefs and attitudes affect your feelings and behaviour, and teaches you coping skills for dealing with different problems.
- Applied relaxation therapy – this involves learning how to relax your muscles in situations where you normally experience anxiety.

NHS TREATMENT

To get treatment on the NHS, the first step is normally to visit your GP. They will do an assessment, which might include asking you to fill in a questionnaire about how often you feel worried, anxious and nervous.

Thanks to MIND UK for their Anxiety factsheet: [ABOUT ANXIETY](#)

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