

Anxiety

What is Anxiety?

- Anxiety is a very normal response to any situation in which you feel uncertain or threatened. Anxiety helps you overcome the situation by focusing your thoughts on the thing you fear and preparing your body to fight or to run.
- Anxiety becomes a problem when you experience it OUTSIDE of the situation in which you feel uncertain or threatened or when you can't switch off the feelings of worry and fear and they interfere heavily with your life.

Some typical anxious thoughts

- “Something bad will happen”
- “I don't feel safe”
- “I'll lose control”
- “I'll die”
- “Everyone knows about me”
- “They'll say/do something nasty to me”
- “It will be awful”
- “I have to get out of here”.

How does anxiety change what I do?

- We stop our normal routine as we spend all our time worrying.
- We stop being able to concentrate on anything except what makes us anxious.
- We stop going to places or doing things for fear of what will happen to us.
- We stop being able to sleep and eat, it can also result in panic attacks.

What can I do to help me feel better?

- Relaxation techniques including breathing exercises/muscle relaxation.
- Problem Solving - make plans on what can be done to resolve the situation.
- Set aside 'worry time' – a short period of time (only 20 minutes or so) when you concentrate on all the things you want to worry about. At the end make a conscious effort to do something else and leave the worries behind until the next worry time.

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