



WHAT IS ANXIETY?

It's normal to feel anxious sometimes. It's how we respond to feeling threatened, under pressure or stressed: for example, if we have an exam, careers interview or doctor's appointment.

Anxiety isn't necessarily a bad thing. It can spur us on, help us stay alert, make us aware of risks and motivate us to solve problems.

However, anxiety can be a problem if it affects your ability to live your life. If your anxiety is ongoing, intense, hard to control or out of proportion to your situation, it can be a sign of a mental health problem.

SYMPTOMS OF ANXIETY?

Anxiety can affect both your body and mind.

The effect on your mind can include:

- A feeling of dread or fearing the worst
- Feeling on edge or panicky
- Difficulty concentrating
- Irritability
- Feeling detached from yourself or the world around you

PHYSICAL FEELINGS

Physical feelings can include:

- Restlessness
- Feeling dizzy or light-headed
- Wobbly legs or pins & needles in your hands and feet
- Shortness of breath or hyperventilating
- A noticeably strong, fast heartbeat
- Nausea (feeling sick)
- Needing the toilet more or less often
- Sweating
- Sleep problems
- Panic attacks

WHAT CAN HELP YOUR ANXIETY

- Avoid extreme thinking – Remind yourself that things are really not THAT awful.
- Accept and tolerate your anxiety. This is the most effective way of making sure that your anxiety passes quickly.
- Have confidence in your ability – You've made it this far!
- Reassure yourself – anxiety is not dangerous.
- Focus on your breathing
- Listen to music.
- Picture yourself somewhere calm and peaceful.
- Try relaxation
- Take a walk for a few minutes.
- Get creative, this can help you feel calm and relaxed.
- Try physical exercise.

