

# Coping with Anxiety



## What is anxiety?

Many people who experience anxiety find that it can manifest itself in a number of different ways. When you are anxious, you may feel sensations that affect you emotionally and physically. Anxiety is a common emotion and we will all feel anxious from time to time and this can be triggered by a variety of common lifestyle factors. However, it can sometimes be unmanageable when the anxiety takes over.

## Why might I feel anxious?

There are several times in our lives that may lead us to feel anxious or on edge. Some of these points in our lives may hold more meaning than others and may place more pressure on ourselves and this pressure may lead us to feel anxious, fearful and on edge. For example. Some triggers for anxiety may include moving away from home, coping with a physical illness, having a baby, or getting married or divorced.

## What support is there for anxiety?

Coping with anxiety can feel overwhelming and it's important to share how you feel with someone you trust. This could be a friend or family member, a colleague or a professional such as a doctor or a counsellor. There are a number of support options for anxiety and looking at the different options may help you to find what works for you:

- Counselling – talking to a counsellor may help you to identify causes and triggers for your anxiety and help you to break down the anxiety in order for it to become more manageable. Speaking to a counsellor allows you to talk in an open, non-judgemental space to help clarify how you are feeling and look at ways to overcome or cope with these feelings.
- Medication – there are a number of medications out there that work in different ways to manage the physical and psychological symptoms of anxiety. For more information about what this may involve, you should speak to your GP.

## What are the symptoms of anxiety?

Anxiety can affect people in different ways and there can be a number of symptoms linked to anxious, some of which are physical. Experiencing these symptoms can feel frightening and confusing and you should seek support if you feel concerned about any worrying symptoms.

### Some typical emotional symptoms may include:

- Feeling worried, nervous or fearful
- Having a sense of dread or often feeling like something bad might happen
- Feeling self-conscious, so that it becomes difficult to interact with others.
- Feeling stuck in a negative thought process or overthinking a negative situation
- Trouble concentrating

### Some typical physical symptoms may include:

- Muscle tension and headaches
- Feeling sick
- Rapid heartbeats
- Problems sleeping or eating
- Pins and needles
- Excessive sweating or feeling hot and flushed
- Feeling light headed or dizzy
- Panic attacks – these can include problems breathing, feeling faint and a rapid heartbeat. These can feel frightening and feel like you are losing control