



Guide to

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# Anxiety

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# What is Anxiety?

The effects of anxiety can range from feeling apprehensive about a situation to a full-blown panic attack.

Anxiety is a normal feeling and occurs when we face a difficult or threatening situation. It can be helpful as it makes us more alert and able to react or respond to a particular situation.

It becomes a problem when the feelings occur too strongly for too long, too often and sometimes in the wrong situation.

When we are anxious, we tend to lose control of our senses and not behave as we usually would



## What causes Anxiety?

- Worries about what the future may hold
- Worrying about things beyond our control
- The recurrence of a distressing event
- The fear of a situation, something or someone
- Stress
- Exhaustion
- Phobias—fear of flying, fear of spiders etc.
- Health concerns
- Problems at work

Anxiety coexists with other mental health problems such as panic attacks and depression

Why am I Anxious?  
Why do I feel this way?

## Recognising the signs of Anxiety?

- Feeling tense
- Rapid breathing
- A pounding heart
- Feelings of nausea and sickness
- Feelings of dread and panic
- Feelings of losing control
- Fearing the worst
- Needing to visit the toilet
- Panic attacks
- Tremor

Anyone can experience feelings of Anxiety. It becomes a problem when these feelings occur too often or for reasons that are not right

## Steps to helping yourself

- Take a few deep breaths
- Feel where the tension is and try to relax your muscles
- Try and put your fears into perspective, ask yourself what is the worst thing that can happen in the situation you find yourself
- Try and remove yourself from the situation which is causing anxiety
- Talk to someone about how you feel
- Try and remember what has helped you before

Think about the reasons behind you Anxiety—is it really worth it? Does it really matter in the long run?

# Getting Help

There are many ways in which you can receive support and advice for your mental health. Your first point of call would be to contact your local GP.

For more information on Mental Health please contact the following:

**NHS Direct**  
**111 Option 2**

**Mind Infoline**  
**0300 123 3393**

Seeking help and support for dealing with a mental health problem is nothing to be ashamed or afraid of

## Quick facts

- Approximately 30% of all GP appointments are related to mental health!
- 1 in 4 people will experience a mental health problem in their lifetime
- Mixed anxiety and depression is the most common mental disorder in the UK.

More detailed information about stress and other mental health problems can be found by visiting the national Mind charity website:

**[www.mind.org.uk](http://www.mind.org.uk)**

For more information on Basildon Mind please contact us on 01268 284130 or visit our website [www.basmind.org](http://www.basmind.org) or email [infoline@basmind.org](mailto:infoline@basmind.org)



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