

Don't keep your feelings to yourself - talk to someone you can trust

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.

Anxiety may lead to panic attacks which can be very frightening for the person experiencing them. Typical sensations are breathlessness, a pounding heart, chest pains, feeling that you are going to faint or lose control.

What can cause 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 or something
- Stress
- Exhaustion
- Phobias—fear of flying, fear of spiders etc.

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 worse
- Needing to visit the toilet
- Panic attacks

Some steps to help yourself

- Take a few deep breaths
- Feel where the tension is and try to relax your tense muscles
- Try and put your fears in 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 your anxiety
- Talk to someone about how you feel
- Try and remember what has helped you before
- As a preventative measure think about what you do differently during the times when you are not anxious

GETTING HELP

Professional help is available to assist you in learning to manage your anxiety. Your doctor can refer you to an anxiety management group, which are run locally by trained occupational therapists. Relaxation and breathing techniques can be learnt from books or tapes or you could attend a relaxation class.


Counselling can help enable you to replace negative thoughts with positive ones and help you develop your coping strategies. Again your doctor can refer you to a counsellor or alternatively you may refer yourself.

Complementary therapies such as aromatherapy, reflexology, and hypnotherapy can help you relax and deal with the symptoms of anxiety.

Useful telephone numbers:

Havering Mind	01708 457040
The Samaritans	01708 740000
No Panic Helpline	01952 590545
Anxiety Care	020 8478 3400
NHS Direct	0845 46 47

Anxiety



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