



Anxiety



Can feel like.....

Scared.....Afraid.....Worried.....Heart beating fast.....Dry
mouth.....Sweaty palms.....Butterflies in your
stomach.....

Everyday worries

Everyone has worries and fears
Some fear is healthy and normal
Fear of fire may stop you getting burnt!
Fear of walking on a high wall may stop you falling off!

What is anxiety?

- ✦ Anxiety is not like an everyday fear.
- ✦ It is when someone is very fearful sometimes without any clear reason.
- ✦ It may stop them doing things most other people do.
- ✦ Some people get anxious in certain places while for some it can occur anywhere.
- ✦ Anxiety can effect peoples lives, relationships, work and home.
- ✦ If someone has a very specific fear, (that is, about something very definite), this is called a phobia.

Why do people have anxiety?

- ✦ Can be because of a very stressful event
- ✦ Can be as a result of unbalanced chemicals in the brain
 - ✦ Can be as a result of using drugs or alcohol.
- ✦ It can be a part of another type of mental illness such as depression
 - ✦ Sometimes the cause is not easy to work out.

How can anxiety be treated?

Anxiety can be treated in a few different ways. Some people find one way better than another, others may try lots of things before one that is helpful. Anxiety can come and go like other forms of mental illness. Most people find a way to help their anxiety in the end!

- ✧ Counselling can help
- ✧ Medication
- ✧ Learning relaxation and breathing techniques
- ✧ Changing to a less stressful lifestyle and finding time to relax

Or a combination of all of the above!!

Remember, if someone in your family suffers from anxiety don't think you have to solve it or fix it all by yourself.

