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Anxiety



Thinking about anxiety can be upsetting. You might want to look at this leaflet with someone you trust like a healthcare worker

Anxiety

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What is anxiety?



Anxiety is what people feel when they are worried scared or stressed about something



Anxiety is a normal feeling

Everyone gets anxious at times and that is ok



Some people get really anxious and this feeling lasts for a long time

This can be difficult to cope with



Feeling really anxious for a long time can make it hard to do everyday things

You might not feel like making friends, going to work, going to college and having fun

Why does it happen?

You might get really anxious because you have had a lot of changes in life like



Someone you love has died



Having a baby



Moving house



A car accident

Why does it happen?

You might get really anxious because



You took drugs like amphetamines



You drank too much alcohol

You might get really anxious because you feel worried about



Being asked to do something you find difficult



Something that might be happening soon

What happens when you get really anxious?

When you get really anxious



1. You might think and feel differently



2. You might have changes in your body



3. You might behave differently

The next few pages will tell you more about these 3 things

What happens when you get really anxious?

1. You might think and feel differently



When you feel anxious you have different thoughts than when you feel calm



You might think that you are going to die or that you will never feel better



These thoughts can make you feel like you have no control



When you feel like you have no control you might feel even more anxious

What happens when you get really anxious?

2. You might have changes in your body



Your heart might beat faster



You might sweat



You might feel dizzy



You might have trouble sleeping at night

What happens when you get really anxious?

3. You might behave differently



You might hurt yourself

You might hurt other people



You might stop going out and talking to friends



You might break things



These behaviours can make it hard to do everyday things like making friends, going to work, going out and living where you want to live

What can you do to help yourself?



When you have anxiety you can do things to help yourself feel better



Don't drink too much alcohol, caffeine or take illegal drugs



Illegal drugs, alcohol and caffeine can make you feel more angry and anxious.



Taking illegal drugs or drinking too much alcohol will not help you

What can you do to help yourself?



Talk to your doctor



Your doctor could be your GP or psychiatrist. Your doctor can make sure you get the right type of help



Counselling or therapy is a really good type of help



You can talk to your counsellor or therapist about your anxiety

What can you do to help yourself?



Take your medication

If your doctor has given you medication to help you feel calmer make sure you take this medication



Do some exercise

Exercise can make you feel good and can also help you to meet new people. You could go walking, dancing or swimming



Do some breathing exercises

Have a look at our leaflet on how to relax to find out how to do this



Do things you enjoy doing

When you are anxious, you might not feel like doing very much. Doing things you enjoy is important to help you feel better

What can others do to help?



Other people like family, friends, carers and professionals can help to make you feel better

Others can spend time with you by



Talking with you and listening to your problems

Helping you to learn new ways of dealing with your anxiety

Others can find out why you are anxious by



Asking you what is wrong

Asking you what makes you happy and sad

What can others do to help?

Others can help make your life feel good by



Helping you do things you enjoy and things that help you feel relaxed



Helping you to do the everyday things you need to do, like shopping and washing your clothes



Supporting you to see your doctor or nurse

Where to find more information

Samaritans



You can talk to them anytime about how you feel

Freephone 116 123

Website www.samaritans.org

Journeys



They can give you information to help with your anxiety

Phone 02920 692891

Email JourneysInfo@gofal.org.uk

Website www.gofal.org.uk/journeys

NHS Direct Wales



If you are in crisis they can give you information about local teams of professionals that can help you

Phone 0845 4647

Website www.nhsdirect.wales.nhs.uk

Where to find more information



Your GP

If you have questions about anxiety or want to know more you can speak to your GP



Support Plus website

An easy read website with information on Mental Health

www.wales.nhs.uk/supportplus

This leaflet was created by Aneurin Bevan and the Support Plus Team

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