

# Anxiety

## **What Is Anxiety?**

Anxiety is the expectation of future threat. Anxiety is a feeling of fear, dread, uneasiness, and worry, usually generalized and unfocused. It may be a leftover response to a fearful situation or can arise when stress and other factors reach a point where a situation threatening to you even if it is ordinary and everyday stuff like answering the phone, or going out.

## **How Can It Affect Me?**

Anxiety is often accompanied by muscular tension, restlessness, fatigue, problems sleeping, worrying about things you have done or things you are going to do (meetings and conversations that you go over repeatedly in your mind), and problems in concentration. You may try to avoid things that make you or might make you feel anxious. Anxiety can be appropriate, but when experienced regularly or with panic attacks you may be suffering from an anxiety disorder.

## **How Can I Help Myself?**

Learning to relax and de-stressing yourself are really important, they help to reduce the muscular tension and fatigue.

Exercise regularly as this helps you to sleep and helps you work through restlessness and muscle tension.

Meditation can be useful to relax, to control and challenge your thought patterns if they get stuck or wander on their own, helping you to concentrate more.

Talking things through with a friend or a counsellor can help to put your worries into perspective and support you through difficult times.

## **What Do I Do If It Gets Too Much?**

If you are finding it difficult to help yourself, you are experiencing panic attacks or the anxiety never seems to go away or ease you should make an appointment to see your GP. They can talk through options with you including medication, counselling, Cognitive Behavioural Therapy or a combination of these therapies.

If you choose to use a private counsellor make sure they are BACP or NCS registered. The British Association for Counselling and Psychotherapy and the National Counselling Society hold the voluntary registers for counsellors and psychotherapists so you know that anyone registered with them has the appropriate training and qualifications to treat you.

**Make an appointment today**

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