



St Lawrence Surgery

Self Help

ANXIETY



"Anxiety is one of the most common problems people have these days, so remember you are not alone. Support is available and in a lot of cases making good use of self-help strategies like the ones on this leaflet are all people need to help get things back on track" comment from Dr Joseph Evans

Anxiety is a feeling of worry, nervousness or unease about something with an uncertain outcome.

Everyone experiences feelings of anxiety, however, for some people they find it difficult to control their worries and this can affect their daily lives

The most common symptoms of anxiety include feelings of nausea, fast heart rate (palpitations), headaches, sweating, trembling, feeling that people are looking at you, lack of concentration and difficulty sleeping.

TIPS TO HELP RELIEVE ANXIETY

- Identify what makes you nervous or frightened - try keeping a diary
- Breathe slowly and deeply until the feelings of anxiety start to go away - Try breathing for 3, hold for 3, out for 3 and hold for 3
- Talk about it
- Relax! Try listening to your favourite music, watch your favourite TV, bake, try some colouring... anything that makes you feel relaxed
- Increase your exercise, for example, go for a walk to get fresh air, try yoga or pilates, etc
- Try mindfulness meditation - research has shown it is more effective than anti-depressant medication

WHEN TO SEEK HELP

If anxiety is affecting your everyday life please contact the surgery and speak to a member of the triage team.

For further information, help and support visit:

www.anxietycare.org.uk

www.rethink.org

www.mind.org.uk