

ANXIETY

Anxiety Thermometer



What is anxiety?

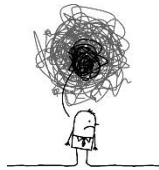
Anxiety is a feeling of unease, such as worry or fear that can be mild or severe. Everyone has feelings of **anxiety** at some point in their life. For example, you may feel worried and **anxious** about sitting an exam, or having a medical test or job interview- this is totally normal.

There are 6 major types of anxiety

- Separation Anxiety Disorder.
- Specific Phobia.
- Social Anxiety Disorder (Social Phobia)
- Panic Disorder.
- Agoraphobia.
- Generalized Anxiety Disorder.

Mental symptoms of anxiety can include:

- Racing thoughts
- Uncontrollable overthinking
- Difficulty concentrating
- Feelings of dread, panic or impending doom
- Feeling irritable
- Heightened alertness
- Problems with sleep
- Changes in appetite.
- Wanting to escape situations
- Dissociation



Physical symptoms of anxiety can include:

- Sweating
- Heavy and fast breathing
- Hot flushes and blushing
- Dry mouth
- Shaking
- Hair loss
- Fast heartbeat
- Extreme tiredness/ lack of energy
- Dizziness and fainting
- Stomach pains and sickness

Is anxiety always a bad thing?

The word anxiety gets used a lot in today's society and often receives a bad rep within the media- but in reality, anxiety is the bodies built in warning system and its role is to keep us safe. Feelings and symptoms of anxiety are a part of our innate way of dealing with stress. Known as the fight-or-flight response, anxiety alerts us to threats both external — such as a driver swerving towards us — and internal — such as when we've procrastinated too long and it's time to get started on our work. Viewing anxiety as sometimes helpful and protective allows people to make good use of it.

Without anxiety, humans would not have survived through the ages as they have.

The fight or flight response provided us with the mechanisms to rapidly respond to threats against survival. Survival of the fittest is only ever achieved through the protection that anxiety provides us from life-threatening events.



How can I help manage my feelings of anxiety?

Grounding techniques <https://www.youtube.com/watch?v=8IM8pgMgjEs>

Practicing breathing techniques <https://www.youtube.com/watch?v=AOL3isokmY4> <https://www.youtube.com/watch?v=PmBYdfv5RSk>

Practice Self-Compassion

Speak to someone about how you're feeling

Get enough sleep

Eat a healthy balanced diet