

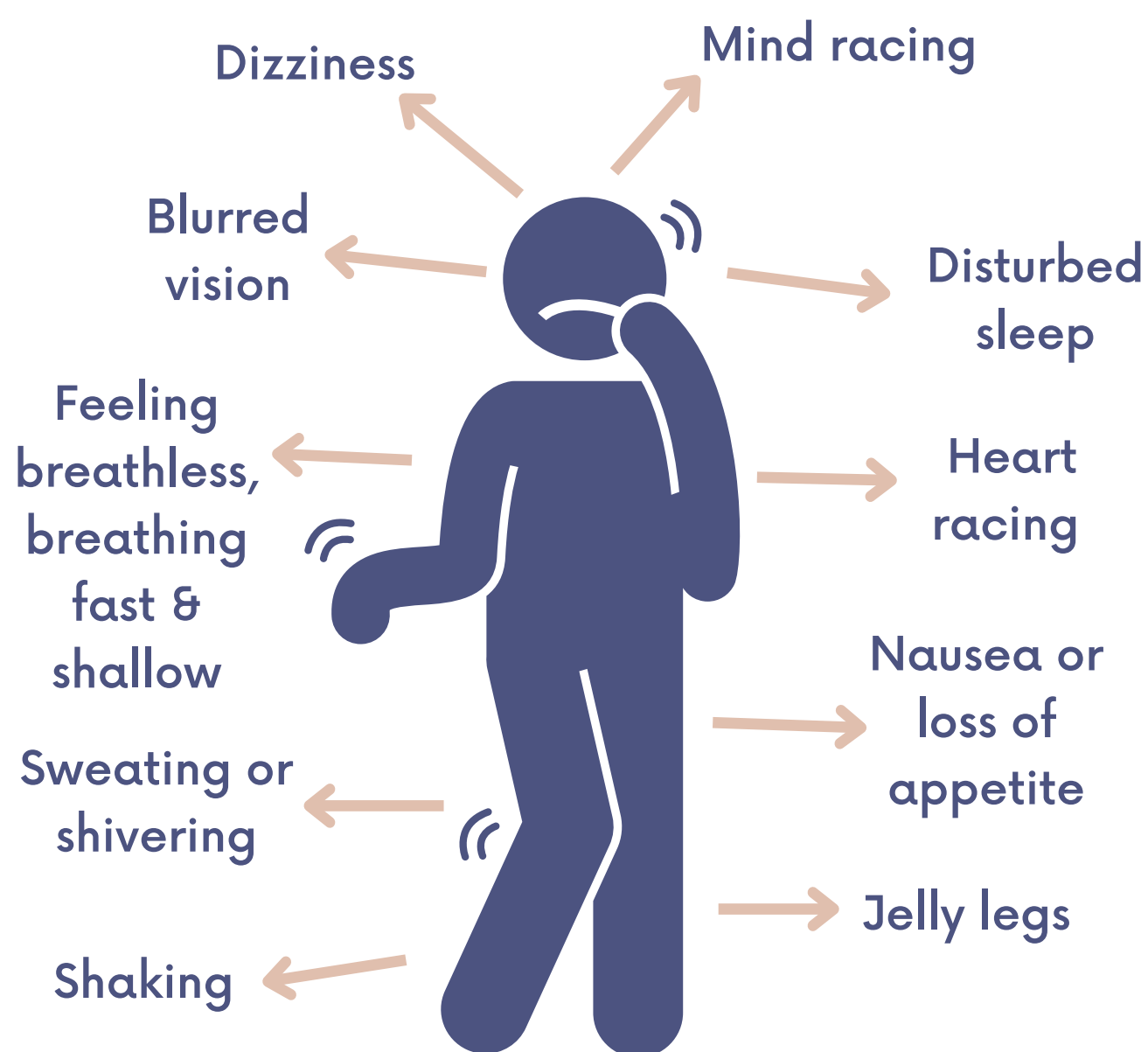
WHAT IS ANXIETY?

WHAT IS IT?

Anxiety is the feeling of unease, such as worry or fear.

Anxiety is a normal feeling that we all experience from time to time. Some anxiety is helpful, as it can keep us safe from harm or help us reach our potential. We actually perform better when we experience some challenge, as it makes us more alert and task-focused. Anxiety or excessive worrying can become a problem especially when it stops us doing what we want or need to do.

HOW ANXIETY AFFECTS OUR BODIES



HOW ANXIETY AFFECTS OUR BEHAVIOURS

Trying to control events by overplanning and asking questions

Having high expectations of ourselves

Becoming defiant and showing challenging behaviour

Avoiding activities, situations, and events

WHEN IS IT UNHELPFUL?

Anxiety can be unhelpful when there is no danger, if it stops us from doing something which we like/need to do, when it begins to impact on our day-to-day life.

It can make us feel really uncomfortable, affect our thinking and make us feel like things are worse than they are.

Different people have different levels of anxiety and worries that they can cope with, some are naturally more anxious than others.

WHAT IS ANXIETY?

WHEN IS IT HELPFUL?

Anxiety can be helpful when we need to get out of a dangerous situation. It heightens our adrenaline and switches on our fight, flight, freeze responses. The 'fight, flight or freeze' response gets our body ready to fight or run away when we sense danger. All the changes that happen to our body are normal and are there to help us and keep us safe. When they happen when there isn't an obvious danger, they can make us feel uncomfortable or unwell.

Thoughts

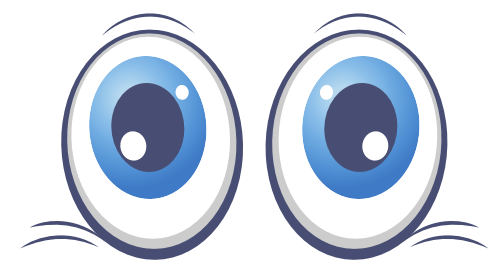


What?

Struggling to relax or concentrate
Feeling a sense of danger

Why?

The mind is on alert and looking out for danger



Eyes

What?

Sensitivity to light
Pressure around the eye

Why?

The eyes focus on any signs of danger.
The pupils widen to let more light in.

Breathing



What?

Feeling lightheaded
Choking sensation

Why?

Breathing is fast to help blood move to important organs.
Or breathing slows down to bring more oxygen into the body.

Stomach



What?

Needing the toilet more
Feeling sick
Stomach aches
Butterflies in the tummy' sensation

Why?

Blood moves away from the stomach into muscles used to run or fight.



Chest

What?

Feels like your heart is skipping a beat
Feels like there is something wrong with your heart

Why?

The heart beats faster to send blood to important organs quicker..



Hands and feet

What?
They may feel cold and sweaty
Pins and needles feeling/tingling feeling

Why?

The blood vessels tighten and blood is moved to larger muscles such as muscles in the arms and legs.

Muscles

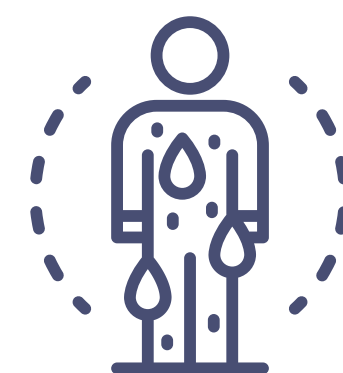


What?

Shaking
Twitching
Stiffness
Aches and pains

Why?

Muscles tense to prepare you to run or attack better.



Sweating

What?

Sweating even when you're cold
Feeling hot one minute, cold the next

Why?

The body makes more sweat to stop the body overheating.