

## Anxiety

Anxiety is a feeling when the body reacts to frightening or threatening experiences. When we feel anxious the body starts preparing to cope with the situation and the body goes through a number of physical changes which could include:

- ✚ muscles becoming tense
- ✚ increased heart rate to carry blood to the muscles and the brain
- ✚ increased breathing to provide oxygen which is needed for energy
- ✚ sweating to stop the body from overheating
- ✚ the mouth can become dry, and
- ✚ the stomach may have butterfly type feelings.

## Causes of Anxiety

Anxiety can be caused by series of stressful life events which may have been difficult to cope with e.g. marital breakdown, bereavement.

Worrying about personal difficulties e.g. pressure at home or at work, relationship or financial problems can cause anxious feelings to develop.

## The Development of Anxiety

If anxiety is not addressed it could develop into more serious and potentially harmful illnesses like:

- ✚ Depression – can include low mood and a lack of focus or energy.
- ✚ Panic Disorder – Frequent severe anxiety attacks which can come unexpectedly.
- ✚ Social anxiety – fear of being around people

## Counselling

Talking about your feelings with a counsellor can help to reduce anxiety and change the behaviour that is related to feelings of anxiety. Try talking to someone you can trust or your G.P

**For help or advice please call us on:**

**0121 525 1629 to talk with a counsellor or to book an appointment.**