

## Recognising Anxiety

For causes of Anxiety go to: [www.nhs.uk/Conditions/Anxiety/Pages/Causes.aspx](http://www.nhs.uk/Conditions/Anxiety/Pages/Causes.aspx)

**Although there is no precise definition of anxiety, most people recognise they are feeling anxious because they experience a number of physical, emotional and mental changes. These will vary from person to person but may include:**

For more information on the symptoms of anxiety go to: [www.nhs.uk/Conditions/Anxiety/Pages/Symptoms.aspx](http://www.nhs.uk/Conditions/Anxiety/Pages/Symptoms.aspx)

- Feeling worried all the time
- Tiredness
- Irritability
- Inability to sleep
- Difficulty concentrating
- Racing heartbeat
- Sweating
- Muscle tension and pains
- Shaking
- Breathing heavily
- Feeling dizzy or faint
- Indigestion or diarrhoea

Go here for more information about understanding anxiety:  
[www.mind.org.uk/help/diagnoses\\_and\\_conditions/anxiety](http://www.mind.org.uk/help/diagnoses_and_conditions/anxiety)

## Anxiety and Depression

People who are depressed are often very anxious. It's not clear whether the anxiety leads into the depression or whether the depression causes the anxiety. A person feeling anxious may have a mind full of busy, repetitive thoughts, which make it hard to concentrate, relax, or sleep. They may have physical symptoms, such as headaches, aching muscles, sweating and dizziness. It may cause physical exhaustion and general ill health

## Carers and Anxiety

If you look after someone who is ill or disabled, you are more likely to have anxiety. A National Statistics report found that for more than half of carers, their responsibilities caused them increased worry. More than one in ten said they were worried most of the time. For advice on health, fitness, emotions and relationships while looking after someone else, and how to get help. Read more by visiting here: [www.nhs.uk/carersdirect/yourself/Pages/Yourownwellbeinghome.aspx](http://www.nhs.uk/carersdirect/yourself/Pages/Yourownwellbeinghome.aspx)

## Self Help:

There are many things you can do to reduce your anxiety to a more manageable level. Taking action may make you feel more anxious at first. Even thinking about anxiety can make it worse. But facing up to anxiety, and how it makes you feel, can be the first step in breaking the cycle of fear and insecurity. It's important to remember how much better you will feel when you can begin to relax, take control, and lead a fuller life. For examples of Anxiety Treatments:

[www.nhs.uk/Conditions/Anxiety/Pages/Treatment.aspx](http://www.nhs.uk/Conditions/Anxiety/Pages/Treatment.aspx)

[Exercise](#)

[Eat a Healthy Diet](#)

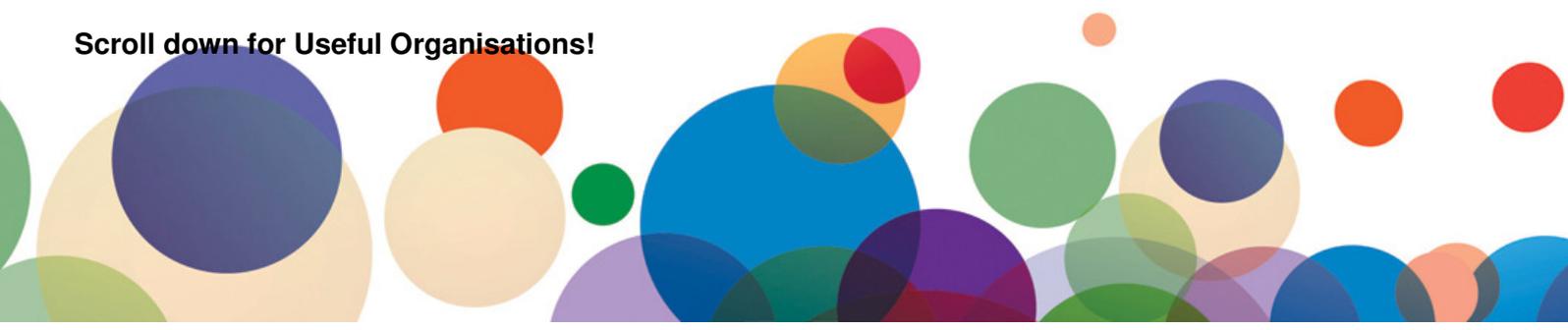
[Promote Good Sleep](#)

[Practice Breathing and Relaxation Techniques](#)

Seek support, speak to someone – search for local services!

Feeling scared right now? Visit: [www.lltf.com/free\\_booklets/panic\\_book/](http://www.lltf.com/free_booklets/panic_book/)

**Scroll down for Useful Organisations!**



## Useful organisations

### **Anxiety Care**

Cardinal Heenan Centre, 326 High Road, Ilford, Essex IG1 1QP

helpline: 020 8478 3400, tel. 020 8262 8891

web: [www.anxietycare.org.uk](http://www.anxietycare.org.uk)

Helps people to recover from anxiety disorders

### **British Association for Behavioural and Cognitive Psychotherapies (BABCP)**

Victoria Buildings, 9–13 Silver Street, Bury BL9 0EU

tel. 0161 797 4484

web: [www.babcp.com](http://www.babcp.com)

Can provide details of accredited therapists

### **British Association for Counselling and Psychotherapy (BACP)**

BACP House, 15 St John's Business Park, Lutterworth,

Leicestershire LE17 4HB

tel. 01455 883 300

web: [www.bacp.co.uk](http://www.bacp.co.uk)

Contact for details of local practitioners

### **Mind**

15-19 Broadway

London E15 4BQ

tel. 0844 448 4448 [www.mind.org](http://www.mind.org)

### **The British Psychological Society**

St Andrews House, 48 Princess Road East, Leicester LE1 7DR

tel. 0116 254 9568

web: [www.bps.org.uk](http://www.bps.org.uk)

Produces a directory of chartered psychologists

### **First Steps to Freedom**

tel: 0845 120 2916

web: [www.first-steps.org](http://www.first-steps.org)

Offers practical help to those who suffer from anxiety problems

### **The Institute for Complementary Medicine (ICM)**

Can-Mezzanine, 32–36 Loman Street, London SE1 0EH

tel. 020 7922 7980

web: [www.i-c-m.org.uk](http://www.i-c-m.org.uk)

Has a register of professional, competent practitioners

### **Anxiety UK** (formerly The National Phobics Society)

Zion CRC, 339 Stretford Road, Hulme, Manchester M15 4ZY

tel. 08444 775 774 web: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Support, help and information for those with anxiety disorders

**No Panic**

93 Brands Farm Way, Telford, Shropshire TF3 2JQ

helpline: 0808 808 0545

web: [www.nopanic.org.uk](http://www.nopanic.org.uk)

Provides a helpline, step-by-step programmes, and support for those with anxiety disorders

**UK Council for Psychotherapy (UKCP)**

2nd Floor, Edward House, 2 Wakley Street, London EC1V 7LT

tel. 020 7014 9955

web: [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

A membership body of almost 80 psychotherapy organisations in the UK. Maintains a voluntary register of qualified psychotherapists.

