



About anxiety.

Do you feel worried, tense or afraid about things that are about to happen or which you think could happen in the future? We all feel anxious and stressed sometimes, but if your feelings of anxiety are strong and don't go away it can become overwhelming.



About anxiety.

Anxiety is a normal response to stress or danger. You'll recognise anxiety as a feeling of unease, worry or fear.

Everyone feels anxious at some point in their life and a little bit of anxiety can be helpful. For example feeling anxious before an exam might make you more alert and improve your performance, but too much anxiety could make you tired and unable to concentrate.

Anxiety can cause a change in your behaviour and the way you think and feel about things. It can affect you both mentally and physically.

Symptoms of anxiety.

It's important to understand that anxiety feels different for everyone and their symptoms may not be the same.

Psychological symptoms of anxiety can include:

- Feeling worried or uneasy a lot of the time
- Having difficulty sleeping which then makes you feel tired
- Not being able to concentrate
- Being irritable
- Being extra alert
- Feeling on edge or not being able to relax
- Needing frequent reassurance from others
- Feeling tearful

Physical symptoms of anxiety are caused by your body releasing stress hormones such as adrenaline and cortisol when you feel stressed or anxious. They include symptoms such as:

- A pounding heartbeat
- Breathing faster
- Palpitations (an irregular heartbeat)
- Feeling sick
- Chest pains
- Headaches
- Sweating
- Loss of appetite
- Feeling faint
- Needing the toilet more frequently
- Feeling of butterflies in your tummy

How might anxiety affect my life?

You may suffer the symptoms of anxiety for a long time, or feeling anxious may come and go depending on what's happening in your life.

Anxiety can affect your daily life including looking after yourself, enjoying time with your family and friends, trying new things, relaxing and enjoying your free time.

It can also affect your ability to work and hold down a job, leading to even more worry.

The MIND charity indicates that anxiety can become a mental health problem if it impacts on your ability to live your life as fully as you want to. It may be a problem if:

- Your feelings of anxiety are strong or last for a long time
- Your fears or worries are out of proportion to the situation
- You avoid situations that might cause you to feel anxious
- Your worries feel very distressing or out of control
- You regularly experience symptoms of anxiety, which could include panic attacks

A little anxiety is fine, but long-term anxiety may cause more serious health problems. If you're feeling anxious most of the time, or if it's affecting your day-to-day life, you should talk to your GP.



When the feeling of anxiety doesn't go away and it starts taking over your life, it's time to talk to someone about how you feel.