

What is Anxiety?



- Feeling stressed out
- Feeling tense or nervous
- Over-thinking
- Unable to relax
- Feeling on-edge or irritable

We can forget :

- Anxiety is a normal and helpful emotion
- Anxiety only becomes a problem when we feel it regularly
- Anxiety problems are common
- CBT can help with this

Some Problems with Anxiety

- Physical Symptoms

- The physical symptoms we experience as a result of anxiety can be unpleasant.
- We can start to think that these symptoms will harm us, but they don't, and they will pass

Physical:

Symptoms of Anxiety



Headache

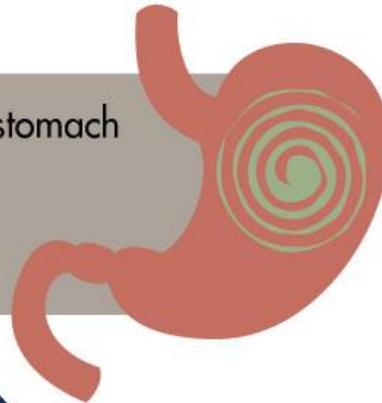


Heart palpitations

Churning stomach

Nausea

Diarrhea



Shortness of breath

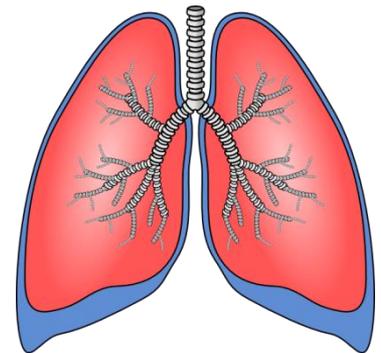
Backache

Muscle tension

Trembling

Numbness or tingling in the
arms, hands or legs,

Sweating/flushing



Some Problems with Anxiety

- Unhelpful Thoughts

- We can have unhelpful thoughts when we are anxious
- These thoughts can overwhelm us, and stop us thinking clearly

Anxious Thoughts:

“They won’t like me”

Social Anxiety

“I can’t stop unpleasant thoughts”

OCD

“I’m going to die”

Panic

“I keep reliving it”

PTSD

“Something bad is going to happen”

General Anxiety



“I’ve got a serious health problem”

Health Anxiety

“I’m going to get bitten by a spider”

Specific Phobia

Some Problems with Anxiety

- Unhelpful Behaviour

- We can use unhelpful behaviours to make ourselves feel better (such as avoidance)
- These behaviours can actually keep the problem going because we don't learn we can cope

Behaviours:



Avoidance of 'threats' that are not very dangerous.



Lalalalalala

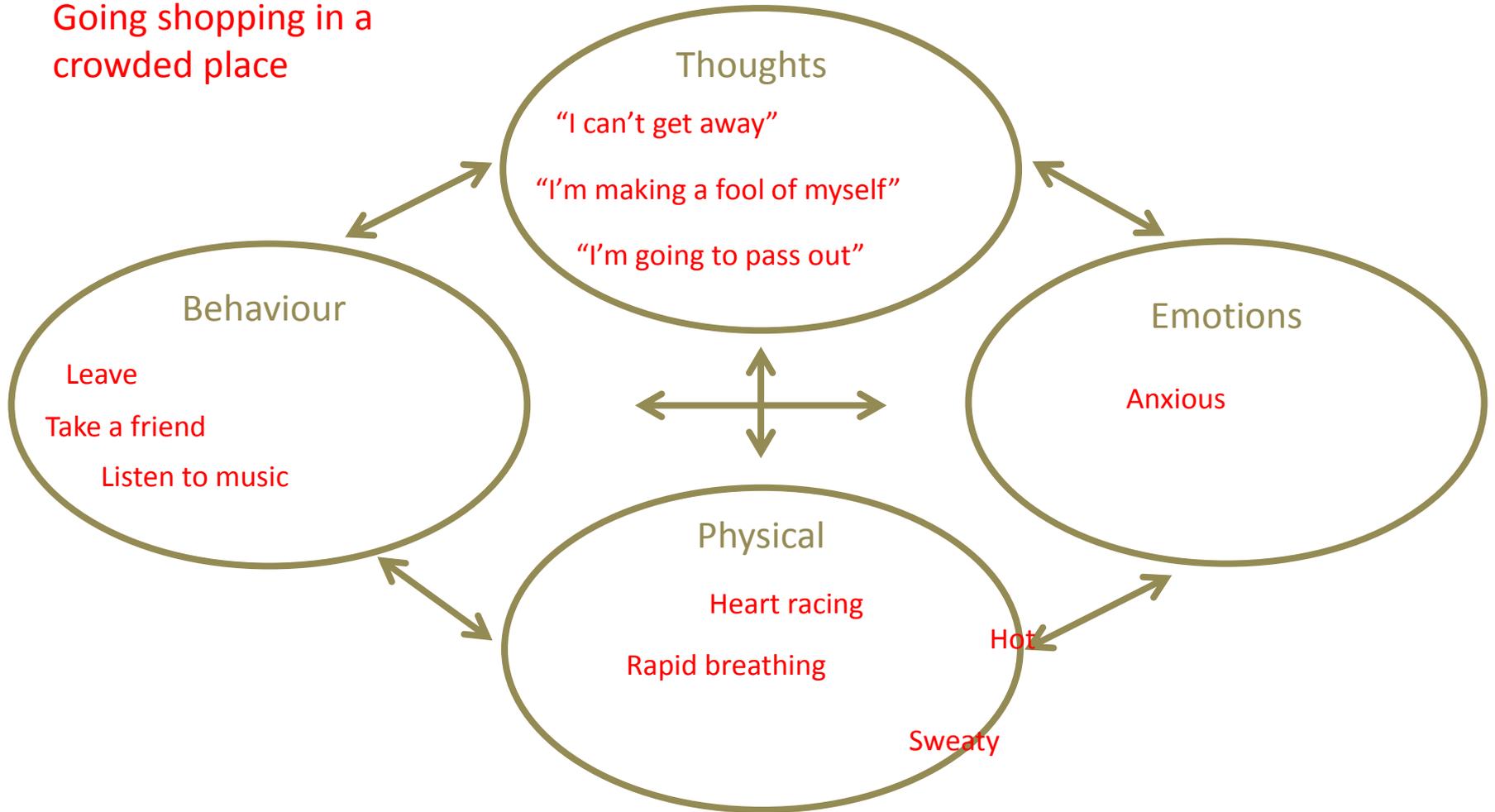
Distracting yourself from the 'threat'.



Safety behaviours: doing things to feel safe.

What maintains Anxiety?

Going shopping in a crowded place



How can I manage my anxiety?

At TalkPlus we offer Cognitive Behavioural Therapy (CBT) - an evidence-based approach.

The first step involves understanding more about your anxiety and how it relates to you:

- what is anxiety,
- what symptoms are you experiencing and how these are connected
- what keeps it going and;
- what triggers are involved.

Take Home Message

- Anxiety is a very normal emotion – most of us experience it, and it can be helpful
- The physical symptoms we experience as a result of anxiety can be unpleasant but generally will not harm us, and will pass
- Some of the unhelpful thinking we have when we are anxious can overwhelm us, and stop us thinking clearly
- Some of the behaviours we use to make ourselves feel better (such as avoidance) actually keep the problem going because we don't learn we can cope
- If you do have an anxiety problem, CBT could help

Next Steps

Now that you have learnt a little more about anxiety, you may want to think about how anxiety affects you. You can also look at some of the techniques that can be used to manage it:

- Worry Management
- Graded Exposure

All worksheets and a PDF are freely available at <https://www.talkplus.org.uk>