



Spotlight on: Anxiety

Anxiety is a feeling of unease, worry or fear, that can range in severity. Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about a job interview or having a medical test. In these times, feeling anxious is perfectly normal.

However, if these worries become uncontrollable, the feeling of anxiety can be constant and start to affect daily life. Some of the symptoms we may experience can include:

Feeling restless or constantly 'on edge' <input type="checkbox"/>	Struggle to concentrate <input type="checkbox"/>	A sense of dread <input type="checkbox"/>	Difficulty sleeping <input type="checkbox"/>
Heart palpitations (heart racing) <input type="checkbox"/>	Dizziness <input type="checkbox"/>	Tiredness <input type="checkbox"/>	Trembling or shaking <input type="checkbox"/>
Stomach-ache <input type="checkbox"/>	Feeling sick <input type="checkbox"/>	Headache <input type="checkbox"/>	Sweating <input type="checkbox"/>

Top Tips on how to cope:



- Make an appointment with your GP or self-refer to local mental health service e.g. NHS Wolverhampton Healthy Minds.



- Try a self- help online course



- Exercise regularly – this can really boost our mood with feel good hormones (endorphins) and help release tension.



- Try new ways to relax e.g. meditation, mindfulness



- Reduce/ avoid caffeine – this can make us feel more anxious



- Reduce/ avoid drinking alcohol and smoking – these have been shown to make anxiety worse



- Talk to someone, a friend/ relative or anonymously via The Samaritans (116 123)

