



Personal Development

Guide

Anxiety

Facts

Experiencing occasional anxiety is a normal part of life, however people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. These feelings of anxiety and panic can interfere with daily activities, are difficult to control and can last a long time. Anxiety can affect a person's mind, body and behaviours.

Common symptoms of anxiety include:

- Feeling tired, restless or irritable
- Feeling shaky or trembly, dizzy or sweating more
- Struggling to concentrate
- Trouble with sleeping
- Worrying about the past or future
- Worrying that something bad is going to happen
- Headaches, tummy aches or muscle pain
- Dry mouth
- Pin and needles
- Noticing your heartbeat getting stronger, faster or irregular

For more information about the causes of anxiety and ways to manage this, visit - <https://www.nhs.uk/every-mind-matters/mental-health-issues/anxiety/>

Support Available

NHS 111

Anxiety UK - <https://www.anxietyuk.org.uk/get-help/>

Anxiety UK infoline - 03444775774

Mind - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-problems/understanding-anxiety/>

Samaritans - 116 123