


WHAT IS ANXIETY?



Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.

It's normal to feel worried and anxious about sitting an exam, or having a job interview. However, some people **find it hard to control their worries**. Their feelings of anxiety affect them all the time in their daily lives.



People with anxiety **may feel worried or uneasy most days**

and often struggle to remember the last time they felt relaxed. As soon as one anxious thought is resolved, another may appear about a different issue.

Signs & symptoms

Anxiety can cause both mental and physical symptoms including:



**feeling restless
or worried**



**having trouble
concentrating or
sleeping**



dizziness



rapid heartbeat

What causes anxiety?

It's not always easy to know why people become anxious as it can be a combination of things, including:

- ➔ A chemical imbalance in the brain which affects moods;
- ➔ The genes you inherit from your parents;
- ➔ Stressful or traumatic experiences such as domestic violence, child abuse or bullying;
- ➔ Having a painful long-term health condition, such as arthritis;
- ➔ Drug or alcohol misuse.

However, many people develop anxiety for no apparent reason.

Treating anxiety

Anxiety can have a significant effect on your daily life, **but several different treatments are available** that can ease your symptoms. These include:

PSYCHOLOGICAL THERAPY

such as Cognitive Behavioural Therapy

MEDICATION

such as antidepressants



There are also many things **you can do yourself** to help reduce your anxiety, such as:



going on a self-help course



exercising regularly



stopping smoking



cutting down alcohol / caffeine

Some GPs in Bristol offer social prescribing for anxiety, which involves **access to art, exercise, cooking and other health-related programmes** at a location near you.

Local support

Bristol Mental Health

www.bristolmentalhealth.org

Bristol Wellbeing Therapies

0117 982 3209 | <https://iapt-bristol.awp.nhs.uk>

Bristol City Council Mental Health Links

www.bristol.gov.uk/social-care-health/mental-health-services

Samaritans

call 0117 983 1000 or text 07725 90 90 90

Community Access Support Service (CASS)

Works with community, equality and faith groups to improve access to mental health support.

0117 304 1400 | info@cassbristol.org

www.cassbristol.org

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