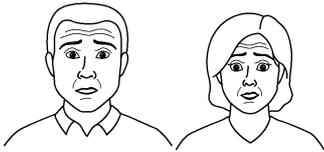




About Anxiety



Anxiety is a type of fear. It is another word for feeling **scared**, **nervous** or **frightened**.



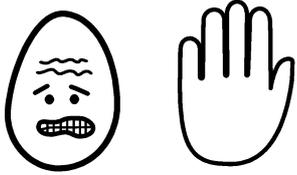
We can all feel anxious at times.
For example, when we think about:



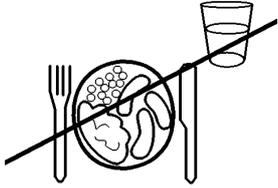
- Meeting new people.
- Going to new places.
- Taking a test or exam.
- Waiting for news.
- Starting a new job.
- Going to the doctor or dentist.



There are LOTS of reasons why someone can be anxious.



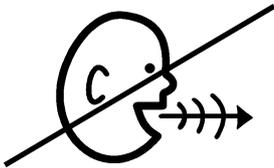
Sometimes **feeling anxious** may stop us from doing things like:



- Eating regular meals and drinking enough fluids through the day.



- It might stop us from getting enough sleep.



- We might not feel like talking to people very much.

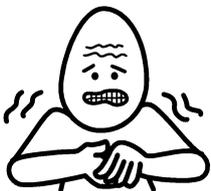
Some **other feelings** you may get when you are feeling anxious:



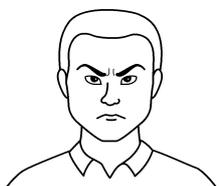
- Sad or crying.



- Confused, dizzy or hard to concentrate.



- Nervous (a funny feeling in your tummy)



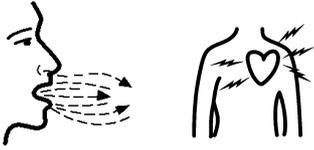
- You may also feel angry or cross.



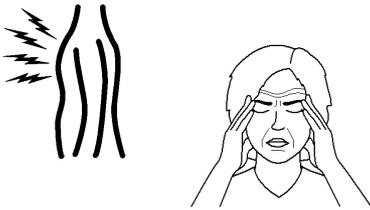
Signs of having **anxiety** can be:



- Feeling shaky.



- Fast breathing, (heart beating faster).



- Pain in your chest.

- Headache.



- Feeling sick.

- Dry mouth.



Taking care of yourself is very important:



- Eat well and drink plenty of fluids.



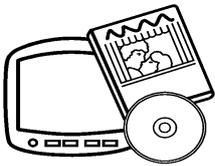
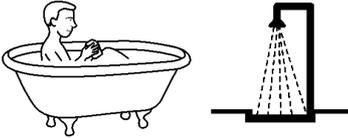
- Do some exercise.



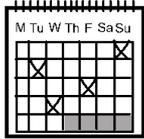
- Get some fresh air if you can.



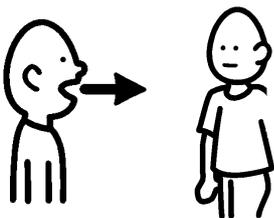
- Meet with friends and family.



- Talk to people you trust.
- Listen to some relaxing music.
- Have a bath or a shower.
- Watch a film.



If you think you have anxiety, make an appointment with your GP. They may help you by:



- Referring you to a counsellor, psychologist or psychiatrist.
- Offering you medication.
- They will ask if you have any family/ friends or a carer you can talk to about how you feel.

Talking about how you feel can help.