

ANXIETY



www.staceymillerconsultancy.co.uk
info@staceymillerconsultancy.co.uk
tel. 07703 670 654

 **STACEY MILLER**
CONSULTANCY
specialist in drugs and alcohol awareness

WHAT IS ANXIETY?

Anxiety affects around 10% of the UK population and is one of the most common mental health illnesses. It's a normal response to a perceived threat such as being late for work or sitting an exam. Everyone experiences some level of anxiety but sometimes it can feel unmanageable and affect a person's daily life.

WHAT ARE THE SYMPTOMS?

Symptoms vary from person to person and can either be psychological (in your head) or physical (to do with your body). Psychological symptoms can include a sense of dread, excess worry, feelings of being on edge and racing thoughts. Physical symptoms involve sweating, hot flushes, pins and needles and panic attacks. But please note that this is not an exhaustive list and everyone's experience can be different.

WHAT ARE THE CAUSES?

Like the symptoms, causes of anxiety can vary depending on the person. It can be for several reasons from perhaps something that happened in childhood to a life event such as too much stress, having too much work pressure or worrying about money. There are also risk factors that increase the chance of anxiety that include substance misuse, chronic pain and experiencing other mental health problems.

WHAT TREATMENTS ARE THERE?

The good news is that there's an array of treatment options out there. Simple changes can involve getting more sleep, eating healthier, becoming more active and practicing mindfulness. There is plenty of self help through books and apps and if needed, there are talking therapies available like cognitive behaviour therapy through the NHS or privately that can also help. If the anxiety is moderate to severe, a doctor will also look at medication options as well.