This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg



Managing Your Worries



Thinking about anxiety can be upsetting. You might want to look at this leaflet with someone you trust like a healthcare worker

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Managing Your Worries
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What is anxiety?



Anxiety is how people feel when they are worried, scared or stressed about something



Anxiety is a normal feeling

Everyone feels anxious at times and that is natural



Some people feel really anxious and this feeling lasts for a long time

This can be difficult to cope with



Feeling really anxious for a long time can make it hard to do everyday things

You might not feel like making friends, going to work, going to college and having fun

Why does it happen?

You might feel really anxious because you have had a lot of changes in your life like



Someone you love has died



Moving house



A car accident



Changes to your life

Why does it happen?

You might feel really anxious because



You took certain types of illegal drugs



You drank too much alcohol

You might feel anxious because you feel worried about



Being asked to do something you find difficult



Something that might be happening soon

What happens when you feel really anxious?

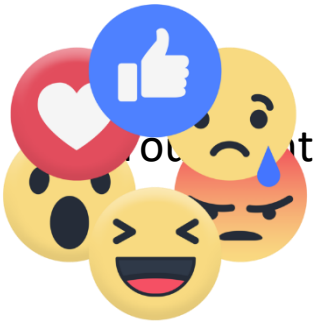
When you feel really anxious



1. You might think and feel differently



2. You might have changes in your body



3. You might behave differently

The next few pages will tell you more about these 3 things

What happens when you feel really anxious?

1. You might think and feel differently



When you feel anxious you have different thoughts than when you feel calm



Your thoughts might be more negative, worried or frightening



These thoughts can make you feel like you have no control



When you feel like you have no control you might feel even more anxious

What happens when you feel really anxious?

2. You might have changes in your body



Your heart might beat faster



You might sweat



You might feel dizzy



You might have trouble sleeping at night

What happens when you feel really anxious?

3. You might behave differently



You might hurt yourself

You might hurt other people



You might stop going out and talking to friends, or not want to be with other people



You might want to throw or break things



These behaviours can make it hard to do everyday things like making friends, going to work, going out and living where you want to live

Where can you get support?



Take your medication

If your doctor has given you medication, this can help you feel calmer



Do some exercise

Exercise can make you feel good. You could go walking, dancing or swimming



Do some breathing exercises

Have a look at our leaflet about “How to relax” to find out how to do this

Do things you enjoy doing



Doing things you enjoy is important to help you feel better.

Don’t drink too much alcohol, caffeine or take illegal drugs. These may make you more anxious

What can you do to help yourself?



Talk to your doctor



Your doctor could be your GP or psychiatrist. Your doctor can make sure you get the right type of help



Counselling or therapy can be a really good type of help



You can talk to your counsellor or therapist about your anxiety

What can others do to help?



Support from other people like family, friends, carers and professionals can help you feel better

Others can spend time with you by



Talking with you and listening to your problems

Helping you to learn new ways of dealing with your anxiety

Others can find out why you are anxious by



Asking you what is wrong

Asking you what makes you happy and sad

What can others do to help?

Others can help make your life feel good by



Helping you do things you enjoy and things that help you feel relaxed



Helping you to do the everyday things you need to do, like shopping and washing your clothes



Supporting you to see your doctor or nurse

Where to find more information

Samaritans



You can talk to them anytime about how you feel

Freephone 116 123
Website www.samaritans.org

Mind Cymru



Information and support if you have a mental health need

Phone 0300 123 3393
Or text 86463
Website www.mind.org.uk

NHS 111 Wales Press 2 C.A.L.L

For urgent mental health support
People who will listen to you and give you information on Mental Health

Phone 111 and press option 2

Freephone 0800 132 737
Or text 'help' to 81066
Website www.callhelpline.org.uk

Where to find more information



Your GP

If you have questions about anxiety or want to know more you can speak to your GP



More Leaflets

Thinking about anxiety can be upsetting. You may want to look at other leaflets about other topics with someone you trust.

This leaflet was amended by Aneurin Bevan and the Learning Disability Psychology service

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