



Anxiety Disorders

Anxiety is a normal emotion we all experience as part of our 'fight or flight' reflex. If your anxiety becomes so severe that it affects your day-to-day life and ability to function, that is when it becomes an anxiety disorder.

Depression and anxiety often occur together. Around 60% of people who have anxiety also have symptoms of depression. Medication is often prescribed, but participation in talking therapies such as Cognitive Behavioural Therapy can be more effective, as they help to address why you feel anxious and help to develop your own way of coping.

There are a number of conditions that come under the umbrella term 'Anxiety Disorder' including:

Generalised Anxiety Disorder (GAD)

A long-term condition that causes someone to feel anxious about a wide range of issues, rather than one specific event. People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed.

Post-Traumatic Stress Disorder (PTSD)

Caused by very stressful, frightening or distressing events, such as accidents, violent crime or military action. Traumatic events are often re-lived through nightmares and vivid flashbacks. Someone with PTSD may have problems with insomnia and find concentrating difficult at times of high stress.

Obsessive Compulsive Disorder (OCD)

A compulsion is a repetitive behaviour that someone feels the need to try and do to relieve the unpleasant feelings brought on by obsessive thought. Some people with OCD may spend an hour or so a day engaged in obsessive-compulsive thinking, but for others the condition can completely take over their lives.

Symptoms of an anxiety disorder may include:

- Heart Palpitations
- Tense muscles
- Behaving out of character
- Excessive worrying or anticipating a problem
- Stomach problems
- Feelings of deep dread or impending doom
- Difficulty sleeping
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- Experiencing low self confidence
- Avoiding social situations
- Unpleasant thoughts
- Extremely focused thinking
- Fainting and Dizziness
- Hyperventilation
- Mind racing, particularly at night

If you believe you, or someone you know may be suffering from an anxiety disorder, you can find more information and help at

www.anxietyuk.org.uk