

IMMEDIATE HELP

Try concentrating on your breathing, breathe in through your nose to the count of seven and blow out through your mouth to the count of five..then repeat.

When experiencing an anxious thought rather than panicking try the following

Label it:- this is a fear of x. I could worry but this time I am going to do something different, I am not going to react and I am not going to try and stop it. I am going to label the thought and watch it move on.

Observe it:- label it as a fear of whatever then allow it to pass by and move your attention back to what you were doing and move on, repeat each time.

Observe, Label, Watch and Move On.

See the anxious thought for what it is, a **thought!**

Keep practicing this approach and call Amian for a further information sheet in relation to this technique.



Senses and perception sharpen. Time may appear to slow down

We start to sweat profusely, cooling us for exertion and making it less easy to 'grab' us!

Bloodflow to muscles increases. They become tense and ready for action

Heart beats faster increasing blood pressure and preparing us for peak exertion

Hormones released that make the blood 'stickier' so we will lose less blood if injured

We breathe more rapidly, oxygenating the blood ready to fight or flee

Digestion stops. Blood is diverted from the gut to the arms and legs

We may want to urinate or empty our bowels. This makes us lighter so that we can run faster

British Association for Counselling and Psychotherapy



Amian offers a 24/7 helpline.
Our service is **FREE** and **CONFIDENTIAL** to ALL STAFF .
0845 603 5667 e-mail help@amian.co.uk
www.amian.co.uk



ANXIETY / PANIC



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Anxiety Panic what is it?

The common thread between most anxiety disorders is the panic attack. When panic attacks are experienced out of the blue with no apparent trigger it becomes known as panic disorder. Sufferers can feel fine one minute and then totally out of control and in the grips of a panic attack.

Panic attacks produce **very real physical symptoms** from a rapid increase in heart rate to a churning stomach and sweating. The physical symptoms are unpleasant and the accompanying psychological thoughts of terror can make it a very scary experience. It is often for that reason that sufferers then dread the onset of another attack and can quickly enter into a cycle of living in **'fear of fear'**.

In the last two weeks have you?

Experienced sudden attacks of intense anxiety or fear where you feared you would die or loose control or Do you worry about having an attack of intense fear or anxiety or Have you started to modify your behavior to avoid certain situations which have previously caused you anxiety or Do you worry about the physical symptoms (increased heartbeat, breathlessness, shakiness, lightheadedness) that the attacks or anxiety cause?

MILD ANXIETY



Almost all of us may experience mild anxiety at some point. Moving home or job or situations linking with negative experiences in the past may all provoke feelings of anxiety. Mild anxiety can produce physical symptoms feeling sweaty, dizzy, nausea and diarrhea, headache, sleeplessness and stomach upsets can occur alongside emotional and behavioral effects such as feeling helpless, difficulty in making decisions, reduction in self confidence and difficulty in concentration. You may also experience mild anxiety attacks. We sometimes use our anxiety feelings to avoid facing a problem or taking action. We can even become afraid of success because it can challenge your self identity as a non-achiever.

More serious anxiety disorders can be due to a disturbance of chemicals in the brain. It's always a good idea to see your GP to discuss your anxiety. Contacting Amian will enable you to also speak in confidence with a counselor or psychotherapist who can help you to overcome your anxiety and look to resolve any triggers.

TREATMENTS

Anxiety can make life difficult however there are lots of things that you can do to reduce anxiety. They can help you to cope with everyday difficulties. Confronting the worries can be of great assistance. Sometimes the process of being anxious about a problem becomes much bigger than the problem itself.

Talk to someone you trust or contact Amian to speak in confidence. Write down the problems and look to deal with them one at a time. Anxiety can stem from **a lack** of self confidence so it may help to improve your assertiveness by attending

classes or reading relevant books.

Making lifestyle changes, you may find you are more anxious because you are stressed. Don't take on unrealistic commitments, make time for yourself and learn to relax.

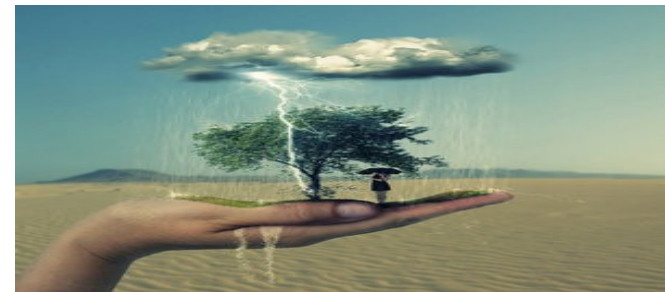
Regular exercise can help as well as cutting down on alcohol and caffeine.

Getting help via your GP practice or Amian will help you to look at what support is available. Your **GP may** prescribe medication to treat the anxiety and sometimes certain antidepressants which can help.

There is much research to support help for anxiety via the talking therapies. Counselling and Psychotherapy aim to address negative thoughts and behaviors and deal with the cause of your anxiety. The type of therapy you may be referred to may depend upon the type of anxiety and the severity.

Your GP or Amian will be able to provide you with more information.

If you are experiencing severe anxiety attacks it is important to speak to your GP to rule out any medical conditions.



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