

# Anxiety

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Anxiety can affect us all at different times of our lives to different degrees. When it starts to interfere with our daily activities and cause more distress, we need to find solutions to manage the problem.

Anxiety can cause many physical symptoms and can cause us to feel very unwell and frightened. We can develop sweating, breathing difficulties, chest pains and a racing heart, tearfulness, increased or reduced appetite, inability to concentrate and poor memory. We can become very tired and have a poor sleep pattern as our brains will not switch off. In severe cases we can develop panic attacks and these can be very debilitating.

Once we understand what is happening and that we do not have a physical problem we can work on solutions to help us manage our anxiety. If we can identify the cause then we can look at ways to reduce the impact it is having on our mental wellbeing.

There are some good ways to reduce anxiety and stress in our lives:

- ✓ Chat to a friend - a problem shared is a problem halved
- ✓ Take some exercise - it is an excellent way to work through problems and clear your head
- ✓ Relaxation - meditation, mindfulness, yoga, breathing exercises
- ✓ Do something you enjoy helping you relax and focus on the positives.

The following links will provide guidance and support for anxiety related mental health problems.

- **<https://www.england.nhs.uk/mental-health/adults/iapt/>**  
This is the NHS website for adults giving guidance on improved access to psychological therapy and how to access this service in your area. This service offers group and one-to-one therapy sessions.
- **<http://www.anxietyuk.org.uk/>**  
This is a charity providing help and support to all family members and in all situations.

- <https://web.nth.nhs.uk/selfhelp/>  
The Northumberland mental health team have created a series of downloadable leaflets with guidance on how to manage a variety of mental health conditions. It gives tips and advice with exercises to try out.
- <https://www.mind.org.uk/>  
Mind is a charity offering support for all aspects of mental health and wellbeing.
- <https://nopic.org.uk/>  
Panic can be very debilitating so getting help is very important. This website has advice to support and offers a recovery service.
- **Cognitive Behaviour therapy- online.**  
[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au) [www.lttf.com](http://www.lttf.com) [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)  
[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- **Apps**  
Self Help for Anxiety Management - free to download from the App Store.  
Headspace- there is a charge for this App

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