



A QUICK AND  
SIMPLE GUIDE  
TO ANXIETY.

FROM KINERGY.

## **What is Anxiety?**

Anxiety describes the feeling of unease, fear and worry we sometimes experience. Although anxiety is a normal feeling that we all experience from time to time, it can become problematic when it is persistent, disproportionate to the triggering event, or when you find it difficult to bring under control and manage. Anxiety can make us panic and imagine horrible things are going to happen to us or to people we know. Examples of things that might trigger anxiety (feeling anxious):

- Exams
- Moving house
- Getting married
- Getting divorced
- Having a baby
- Phobias
- Being bullied

If you think you may be suffering with an anxiety disorder, we would recommend consulting with your GP to discuss your options.

## **What causes Anxiety?**

There can be a lot of causes for anxiety, such as those listed earlier in the document. Sometimes these are related to other mental health conditions such as depression, Post-Traumatic Stress Disorder (PTSD), or personality disorders. In other cases this can be caused by a stressful triggering event, such as witnessing or being in an accident. There is also an increasing amount of evidence to suggest that our genetics can make us predisposed to

anxiety – so if you have close family members who suffer with anxiety, you might too.

### **What are the symptoms of anxiety?**

If you experience anxiety, you won't necessarily experience all these symptoms at once – you may only experience one or two, and may experience different symptoms from time to time depending on the severity of the anxiety. You may also experience other symptoms not listed here.

- Increased heart rate
- Palpitations (like your heart is fluttering or missing beats)
- Excess sweating
- Rapid breathing (hyperventilating)
- 'Funny' sensations in your stomach (knots, heavy weights, butterflies)
- Feeling sick
- Dry mouth
- Shaking
- Feeling dizzy
- Wobbly legs (feeling like they're jelly)
- Needing to use the toilet more often
- Feeling as though people are staring at you

If you have extremely intense feelings of anxiety, you may suffer with anxiety attacks, also known as panic attacks.

## **How is anxiety treated?**

There are various ways in which your anxiety can be treated. These can be as simple as using breathing techniques, distraction or grounding techniques, or practising meditation and mindfulness on your own at home.

Therapy such as counselling or cognitive behavioural therapy (CBT) can be very effective in treating anxiety. If you think therapy may help you, liaise with your local GP who can advise on services in your area, or search the internet for your local mental health service who should also be able to advise on services in your area.

In severe cases of anxiety, you may be offered medication such as antidepressants, beta-blockers, or tranquilisers. Always consult your GP before beginning any medical treatment for anxiety.

## **Further reading**

If you're suffering with anxiety, you might also want to read our guides on breathing techniques, distraction and grounding techniques, or meditation and mindfulness.