

ways of dealing with

ANXIETY



breathe.

We're here to help.

what is anxiety?

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.

Everyone has feelings of anxiety at some point in their life – for example, you may feel worried and anxious about sitting an exam, or having a medical test or job interview. During times like these, feeling anxious can be perfectly normal. (NHS UK)

what are the symptoms of anxiety?

behaviour changes

irritability

restlessness/fidgeting

changes in sex drive

increased smoking/drinking/drug use to cope with unwanted feelings

avoiding certain situations

difficulty focusing at work

feelings & emotions

feeling numb

thinking over a situation again and again

feeling like other people can see you're anxious and are looking at you

dwelling on negative experiences

difficulty concentrating

feeling your mind is really busy with thoughts

a sense of dread

feeling constantly "on edge"





physical feelings

nausea (feeling sick)

feeling light headed or dizzy

difficulty sleeping

churning in the pit of your stomach

sweating or hot flushes

a fast, thumping or irregular heart beat

needing the toilet more frequently, or less frequently

raised blood pressure

pins and needles

faster breathing

tense muscles and headaches

when does anxiety become a problem?

If someone finds it hard to control their worries & their feelings of anxiety are more constant and can often affect their daily lives, this can become a condition known as Generalised Anxiety Disorder (GAD). GAD is a long-term condition that causes you to feel anxious about a wide range of situations and issues, rather than one specific event. (NHS UK)

what causes anxiety?

The reasons for this are wide & varied & sometimes unknown. Some people being anxious is part of their personality; for some it is a result of trauma or past experiences. Anxiety can be exacerbated by a number of factors – diet, lifestyle & physical health, amongst other things.

how to
manage
anxiety



Seek
professional help

If you feel that's what is
needed.



Try mindfulness or
breathing exercises

[www.nhs.uk/conditions/stress-anxiety
-depression/ways-relieve-stress/](http://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/)

ANXIETY AFFECTS

1 in 10
people*

you're not alone

 Identify your triggers



Keep a Diary



Physical exercise

Exercise is a great way to reduce anxiety and boost your wellbeing. Try the Abertay Univeristy gym.



Eat healthily

www.abertaysa.com/Abertaysty hosts a free healthy cookbook and information about our food campaign.



Talk to someone you trust



Make time for you

Whether a hobby or some form of relaxation such as meditation or yoga.



Change your focus

A good example of this is to identify 5 things you can see, hear, smell, touch & taste.



Try to get enough sleep

Persons between the age of 18-64 should get between 7-9 hours of sleep per night.

Your GP may recommend medication or talking therapy such as Cognitive Behavioural Therapy (CBT), sometimes both are advised to gain the best results. They may also guide you to self-help resources which you can work through in your own time & at your own pace.

If you need support or advice on how to manage anxiety, help is available.

Abertay SA Advice

Come in & talk in confidence to Elaine the SA Advice Coordinator. You can contact her via email:

saadvice@abertay.ac.uk

phone: 01382 308513

or on Facebook & Twitter:
[@AbertayAdvice](https://www.facebook.com/AbertayAdvice).

Abertay University

You can access the university Counselling service or Mental Health Adviser either via SEZ or email
counselling@abertay.ac.uk

Your GP

Contact your own GP who can refer you to local services that can provide support.

Online resources

Moodjuice www.moodjuice.scot.nhs.uk

Breathing Space www.breathingspace.scot

Student Minds www.studentminds.org.uk

Helplines

The Samaritans [01382 832555](tel:01382832555)

Breathing Space [0800 83 85 87](tel:0800838587)

Nightline Dundee [01382 381 183 \(8pm-8am\)](tel:01382381183)



Don't be
afraid to ask
for help

that's why
we're here :)

feel free to get in touch, or go to our website to find out
more information about the services we offer



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