

Anxiety is a term that is often used to make reference to a number of different disorders referred to as the 'Anxiety Disorders'.

Different Anxiety Disorders differ from one another in terms of the duration of time one's anxiety affects them for; situations where their anxiety is worsened; the frequency that one experiences symptoms of anxiety; what provokes the anxiety, as well as, how crippling an effect; a person's anxiety has on their lives.

Everyone is affected by anxiety. Anxiety is an emotion that is triggered by our fight or flight system to protect us from danger, as well as, to take precautionary measures to prevent us from being exposed to danger. It could, therefore, be said that anxiety is to a degree a healthy emotion for us to be able of experiencing, however, it is when the anxiety occurs at a frequency, duration and is of a strength that is anything from problematic to crippling; thus, greatly compromising a person's quality of life, that the anxiety can be said to be a disorder.

Anxiety can be anything from a chronic state of fear over one's state of health, to a disabling condition that stops someone from being able to hold down a job and ending up reliant on the welfare system claiming a benefit such as Universal Credit.

Anxiety Disorder can be in the form of Obsessive Compulsive Disorder, Generalised Anxiety Disorder, Panic Disorder, Post Traumatic Stress Disorder, Social Anxiety Disorder

Many people turn to anxiolytic medication i.e. tranquilisers to treat their anxiety but these just cover up the symptoms and are addictive, as well as, lose their effect with time. The best thing for a person with any condition is to opt for cure over treatment where possible especially when treatments can have strong side effects. It is the case that mental health is where the affected individual can help themselves the most, but in our society the individual is unfortunately encouraged to help themselves the least. Many mental health professionals do recognise that the best psychologist/psychotherapist for any person with a mental health problem is found within themselves. At Cognitive Harness, we will teach you, as well as, empower you towards becoming your own therapist by teaching you cognitive strategies, that research has proven to be able of conquering your anxiety disorder, thus, allowing you to give up the reliance on tranquiliser medication and rehabilitate yourself back to becoming an independent adult.

**AS AN ALTERNATIVE TO A CONSULTATION YOU CAN ATTEND ONE OF OUR SYMPTOM SELF MANAGEMENT COURSES FOR 'SOCIAL ANXIETY DISORDER', 'GENERALISED ANXIETY DISORDER', 'PANIC DISORDER', 'OBSESSIVE COMPULSIVE DISORDER' AND 'INTRUSIVE THINKING'**