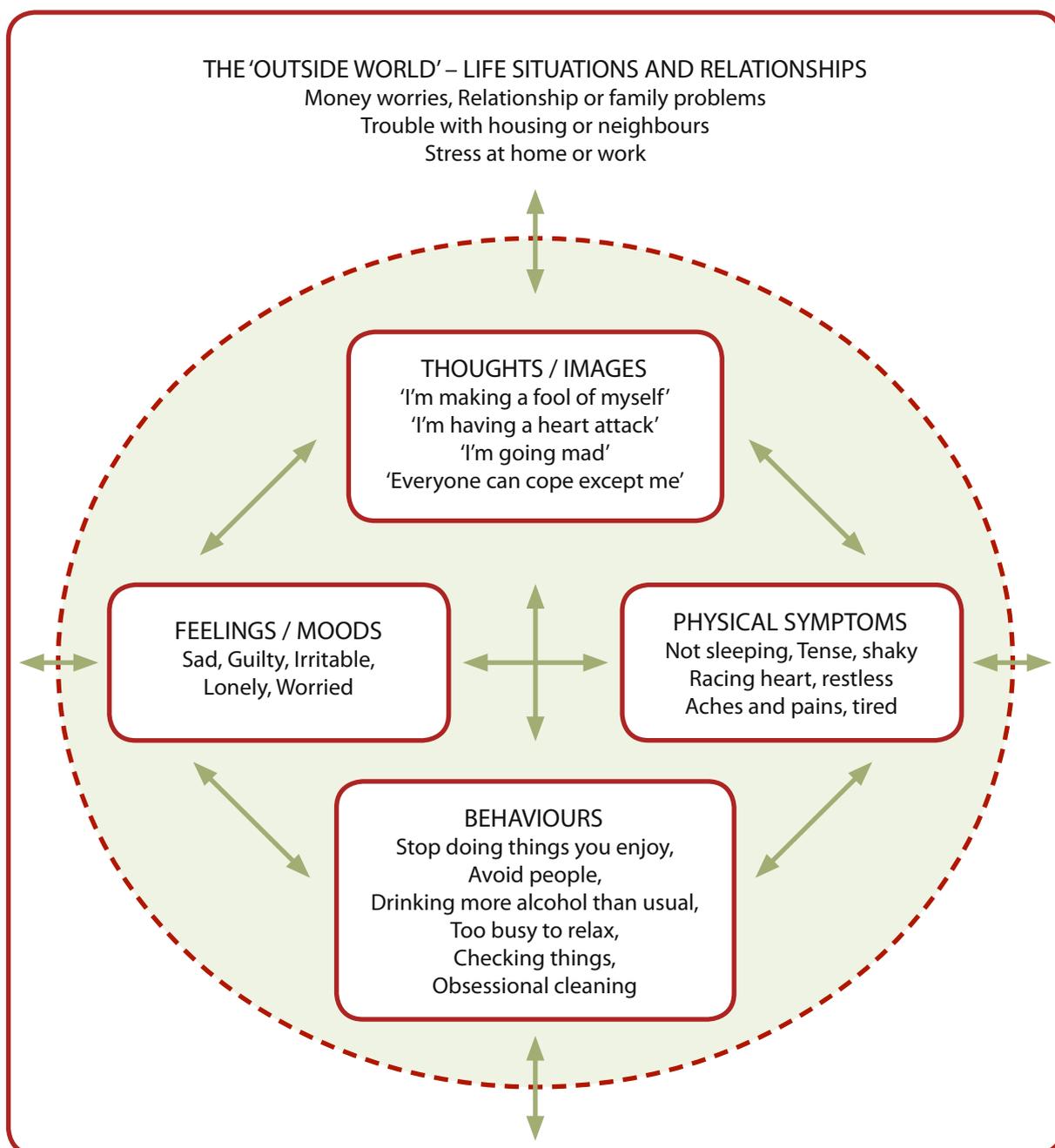


Anxiety - a 'Five Areas' model

Anxiety is the term used to describe feelings of worry, stress and tension which we all feel from time to time. It affects our moods, behaviour, thoughts and physical symptoms. The diagram shows some of the thoughts and feelings you may notice when you are very anxious.



Anxiety - a 'Five Areas' model

Continued...

Is it normal to be anxious?

Yes – anxiety is a normal response to stress, threat or danger in our lives. It can even be helpful in some situations such as exams, interviews and sporting events.

When does anxiety become a problem?

Anxiety can become a problem when you:

- Have too much stress or anxiety in your everyday life.
- Get panicky and frightened so that you can't deal with day-to-day things
- Get much more anxious about something than you need to
- Get anxious about things you can't change, or that may never happen
- Get anxious about being anxious
- Deal with your feelings in unhelpful ways such as drinking too much alcohol, or not going out of the house.

Does anxiety affect everyone in the same way?

No – anxiety can be general, affecting many areas of our lives, or it may only happen in particular situations, such as talking to strangers, being in a crowded place, or using public transport. It can crop up as a phobia, such as a fear of lifts, or of spiders.

Can you die from anxiety?

Definitely not – anxiety cannot kill you.

Talk through this leaflet with your guide to help you decide if anxiety is a problem for you. If it is then your guide can help you find ways to tackle your anxiety.

FOR MORE LEAFLETS IN THIS SERIES GO TO www.primarycare-selfhelp.co.uk