

# Anxiety

What is anxiety?




What does it feel like?

Things that might help you.



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# What is anxiety?



We all feel anxious sometimes. It is a normal way to feel about big events or things that scare us.

For some people it can become a problem. It can stop us doing 'normal' everyday things.

If anxiety is stopping you enjoying life, this booklet may help you.

## How to use this book



Read through the first few pages about anxiety and what it is.

If you think you may be suffering from anxiety symptoms (the feelings on page 4), go to see your GP.

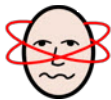














The rest of the book gives you some ideas to make your anxiety easier to control. There is a diary to fill in to help you learn more about yourself. Hopefully when you read it in the future you will see that your anxiety has improved over time!

# Feelings

What does being anxious feel like?

Put a tick in the boxes next to feelings that you get sometimes.

- ☐  dizziness
- ☐  tiredness
- ☐  pins and needles
- ☐  irregular heartbeat (palpitations)
- ☐  muscle aches and tension
- ☐  sweating
- ☐  hard to breathe
- ☐  stomach ache
- ☐  feeling sick
- ☐  headache
- ☐  thirst
- ☐  need to wee more often
- ☐  can't sleep

# That scares me!

Everyone feels anxious sometimes.

Some people feel anxious more often than others.

The things that make you anxious can be called “triggers”.

Draw a big circle around things that make you feel anxious:



Crowds



Spiders



Talking to people



Moving house



Going to see the doctor



Splitting up with a boyfriend or girlfriend



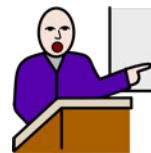
Being on the phone



Getting lost



Going on the bus



Talking in public



Being ill



Being in hospital



Is there anything else that makes you feel anxious?  
Write or draw it here:

# Thoughts



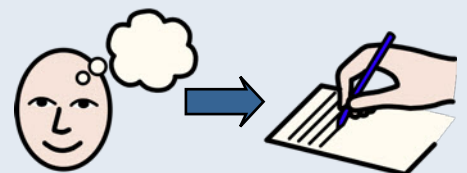
When you feel anxious, what are you thinking?

**Here are some things that people often think about when they are anxious:**

- I might lose control
- I might die
- I might be really ill
- I might cry
- Everyone is looking at me
- I'm not good enough
- I want to run away
- I might make a mistake

**Try to notice the things you think about. Then:**

- Remember it
- Write it down in your anxiety diary



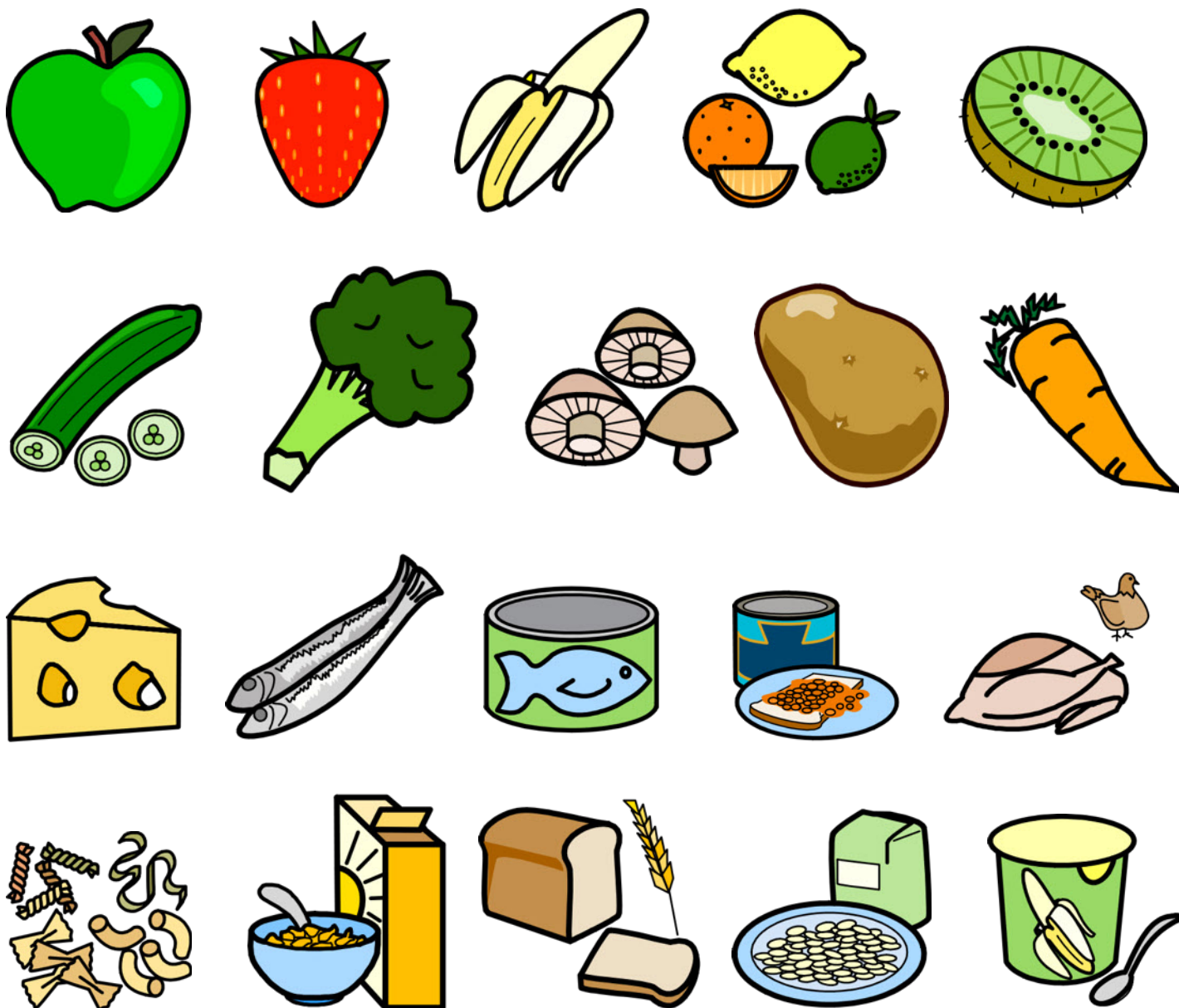


# Food

The food we eat can affect how we feel.

Eating good food gives us more energy.

Here are some good foods. What do you like to eat?



Try not to eat things like cakes, chocolate and “fast food”.

Try not to drink tea, coffee or alcohol.



These foods and drinks may make your anxiety worse.

# Exercise

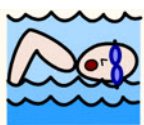
Doing some exercise can help you to feel happier and more relaxed about things.

Here are a few ideas.

Which ones would you like to try?

☐

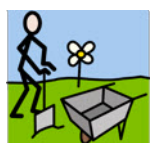
Exercise DVDs

☐

Swimming

☐

Walking

☐

Gardening

☐

Football

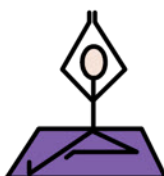
☐

Tennis

☐

Wheelchair sports

[www.wheelpower.org.uk](http://www.wheelpower.org.uk)

☐

Yoga



**Remember:**



- Start gently

- Drink enough water

- Don't do too much too soon

- Choose exercise that you enjoy

For some local information look at:

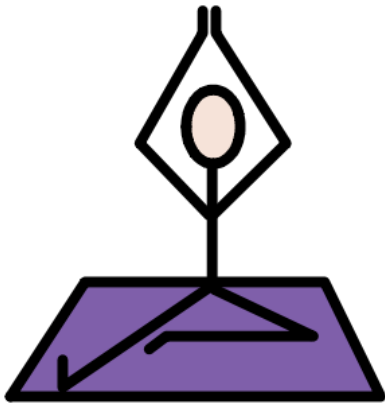


[www.activedorset.org](http://www.activedorset.org)



# Relaxation

Relaxation can help you to feel less anxious. It help you to sleep better too. Here are some things to try:



## Yoga

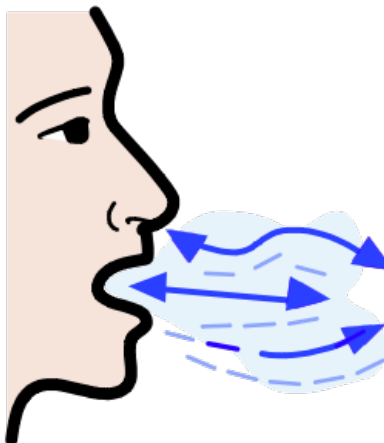
There are different types of yoga. Some are mostly about stretching and becoming more flexible. Some include meditation and breathing exercises as well. Find a class that suits you. You could start by looking at this website: [www.bwy.org.uk](http://www.bwy.org.uk)



## Meditation

Meditation helps you to be aware of your thoughts and to relax. There are a few ways to learn:

- From a book, podcast or Audio CD
- Through a religious or other spiritual church or group



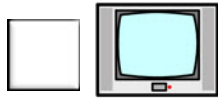
## Breathe!

There are a few different breathing exercises you can do. Try this:

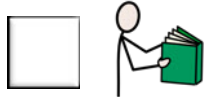
- 1) **Breathe slowly in** through your nose while you count to 4
- 2) **Hold your breath** while you count to 4
- 3) **Breathe slowly out** while you count to 8

# Fun!

What do you like to do to have fun? Put a tick next to the things **you** enjoy, then add more of your own to the list!



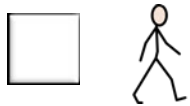
Watch TV



Read magazines or books



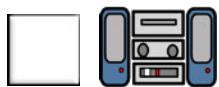
Use the internet - like Google and Facebook



Go for walks



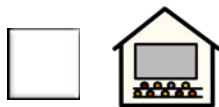
Spend time with friends



Listen to music



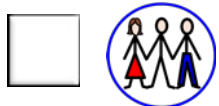
Go to church or other place of worship



Go to the cinema



Go out for meal



See family



Have a BBQ



Go to the beach



Shopping

Anything else?  
Write it here!



# Time for change!



## Action Plan

Take time to fill in the next 2 pages.

The things you write down will help you to make some changes in your life.

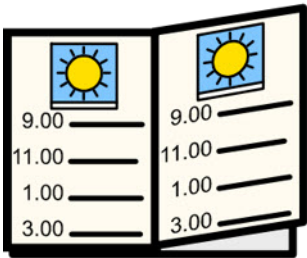
Hopefully you will start to feel anxious less often.

This will take time, so be patient!

Ask for help if you need to.

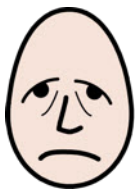


## Anxiety Diary



These pages will help you to look at the times when you are most anxious.

Mark each entry with a score:



**1)** I did feel anxious, but I felt I could cope



**2)** This felt bad. About average for me when I am anxious.



**3)** This is the worst anxiety I ever feel. I felt scared and not in control.



# Healthy Food

**Write down or draw healthy foods that you like.**

Try to eat more of these foods every day.



# Exercise

**Write down or draw exercise that you enjoy.**

Try to do some of these things a few times every week.

**What support will you need?**

Write down the names of people who can help:





# Relaxation and Sleep

**How much sleep do you get each night?**

**Now look at page 9. Answer these questions:**

Would you like to try yoga, meditation or breathing exercises? Where will you go to learn these things?

**What support will you need?**



Write down the names of people who can help:



# Fun

**What new things would you like to try?**

Look on page 10 for some ideas.



**What support will you need?**

Write down the names of people who can help:




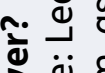


[illegible]

<div> <div>Date and Time</div> <div>    </div> </div>	<div> <div>What were you doing?</div> <div>Example: shopping, travelling</div> </div>	<div> <div>How did your body feel?</div> <div>Example: sick, shaky</div> </div>	<div> <div>What were you thinking?</div> <div>Example: I want to go home</div> </div>	<div> <div>What did you do to recover?</div> <div>Example: Leave the room, ask for help</div> </div>	<div> <div>Score:</div> <div> <div>    </div> <div> <div>1</div> <div>2</div> <div>3</div> </div> </div> </div>

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