Coping with Anxiety



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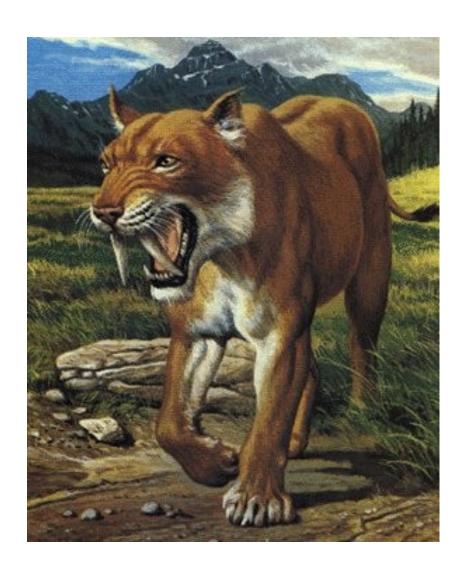
What is anxiety?

- Normal
- Protective
- Threat focused









Fight or Flight



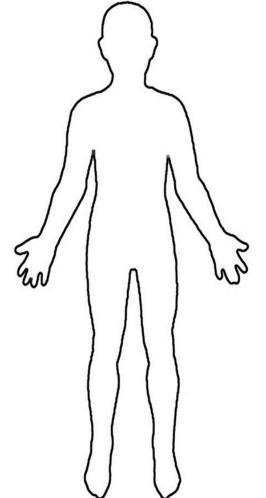






Physical symptoms

- Increased heart rate
- Increased muscle tension
- "Jelly legs"
- Tingling in the hands and feet
- Hyperventilation (over breathing)
- Dizziness
- Difficulty in breathing
- Wanting to use the toilet more often



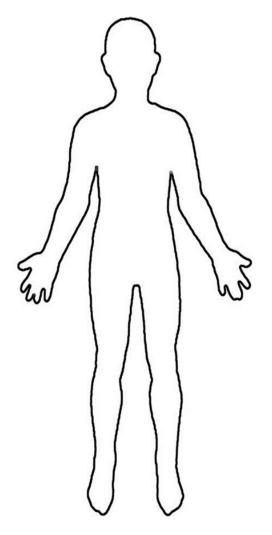






- Feeling sick
- Tight band across the chest
- Tension headaches
- Hot flushes
- Increased perspiration
- Dry mouth
- Shaking
- Choking sensations
- Palpitations







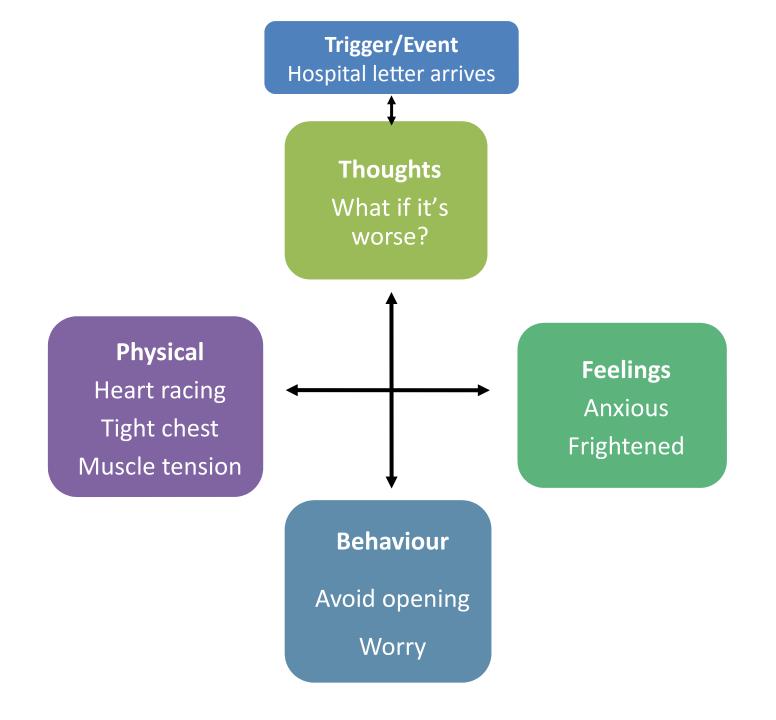


Internal alarm system









Unhelpful coping strategies

- Avoidance
 - short-term relief / gain, long-term pain
- Excessive worry
 - trying to make the uncertain certain







Overestimate the threat, Underestimate our ability to cope







Helpful coping strategies

- Physical Exercise
- Relaxation / Breathing / Visualisation
- Mindfulness in the present moment
- Do something more interesting
- Talk to someone
- Soothing self-talk

"It's just my alarm going off"
"I've coped before so I can cope again"

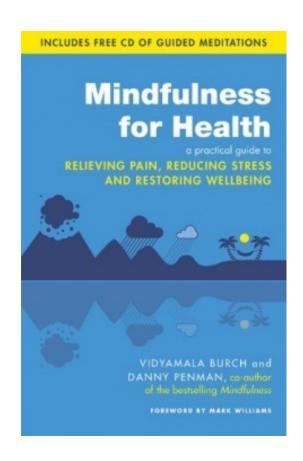


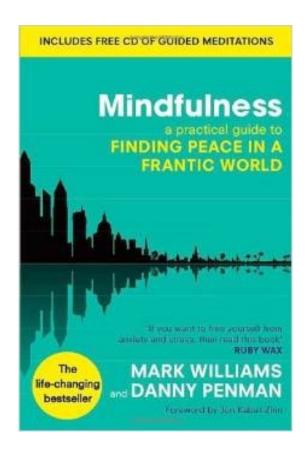






Mindfulness - in the present moment











Resources

- www.franticworld.com
- www.friendlyfocusing.com
- www.breathworks-mindfulness.org.uk
- www.bemindful.co.uk
- www.mentalhealth.org.uk
- www.headspace.com







You may not control all the events that happen to you, but you can decide not to be reduced by them.



Maya Angelou



