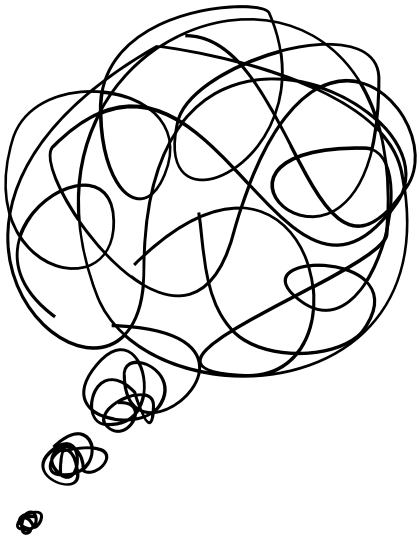
BACK ONSIDE

ANXIETY TOOLKIT

@backonside | www.backonside.com | SC048082

ANXIETY

Getting stressed and worried is completely normal, and happens to everyone. But if the stress is constant, overwhelming, and prevents a person from living their life, it could be an anxiety disorder.



Causes of Anxiety

- **Trauma:** childhood abuse, domestic violence or witnessing a traumatic event can increase the risk of anxiety
- **Stressful life events**: Significant life events, such as a death in the family, buying a house or having a baby, can cause stress and anxiety
- **Medications**: Sone medications, especially stimulants, can cause anxiety, especially if taken in high doses
- **Substance use** or misuse, such as alcohol or drugs, can cause or worsen anxiety
- **Other mental health disorders**, such as depression, can increase the risk of anxiety

Did you know?

Globally, an estimated 12 billion working days are lost each year due to anxiety and depression.

8 MILLION

people in the UK have some form of anxiety disorder.

SYMPTOMS OF ANXIETY

Emotional Symptoms

- *Imagining worst case scenarios*
- *Experiencing racing thoughts that feel uncontrollable*
- *Loss of interest*
- *Feeling overloaded or overwhelmed*
- *Excessive worry*
- *Constantly feeling 'on edge'*
- *Difficulty concentrating*

Behavioural Symptoms

- *Avoiding places or situations*
- *Social withdrawal*
- *Compulsive behaviour*
- *Irritability*
- *Distress in social situations*
- *Difficulty sleeping*
- *Backing away from any responsibilities*

top tips for

MANAGING ANXIETY

1.

THOUGHT RECORDS

Write down your thoughts and reactions, to slow your thinking and put into words what is in your head and your heart.

2.

BEHAVIOUR ACTIVATION

Incorporate as many activities as you can that make you feel more positive, comfortable and happier in your day to day life.

3.

COMMUNICATE & BE HONEST

Learn to say no to things that you are not comfortable with. Speak openly with the people around you about how you're feeling.

ESTABLISH HEALTHY HABITS

Drink more water. Limit coffee and alcohol intake, these can aggrivate anxiety and cause panic attacks.

4.

BREATHE

Take deep breaths to refocus, and replace your negative thoughts with positive ones.

5.

DO YOUR BEST

Instead of aiming for perfection, which isn't possible, be proud of however close you get.

6.