

MINDFUL MOMENTS

AUGUST: DEALING WITH ANXIETY

Introduction

In recent years, more and more people are talking about anxiety. Thanks to these conversations, it's becoming clear that many of us struggle with anxiety at varying levels and at different points in our lives. Currently anxiety is one of the most common mental health conditions both worldwide and in the UK.

In fact, in any given week in England, Mind estimates that around 10 in 100 people will be diagnosed with some form of anxiety disorder. So, what exactly is anxiety?



What is anxiety and when does it become a problem?

Anxiety is what we feel when we are worried or afraid. Especially if we feel this way about something that is about to happen or might happen in the future.

We all feel anxious from time to time when we are going through a stressful event or dealing with changes in life. During these times, feeling anxious can be perfectly normal. But some of us find it harder than others to control these worries.

It can become a problem when these feelings of anxiety are becoming more and more common, with anxiety starting to affect how we live our daily lives. This can lead to a diagnosis of a mental health condition such as Generalised Anxiety Disorder (GAD).

If you feel like your anxiety is starting to impact your ability to live your life the way you want to, it is time to ask for help.

The effects of anxiety can include:

- Feeling tense, nervous, or restless
- A churning feeling in your stomach
- Sleep problems
- Feeling self-conscious and on-edge
- Over thinking situations
- Difficulty making decisions
- Panic attacks
- Stomach and digestive issues
- Feeling dizzy or light-headed

Support Available

[Mind](#) - for information on different types of anxiety disorders, support, treatment options and how you can support someone dealing with anxiety

[Anxiety UK](#) - for advice and support for people living with anxiety
Phone helpline: 03444 775 774
Text helpline: 07537 416 905

[NHS](#) - advice and support on coping with anxiety, including mindfulness and coping with financial worries

Tips to help you deal with anxiety

- **Have a notebook to write down your worries**- keep it by your bed so if you think of any worries when you are trying to go to sleep you can write them down and go back to them in the morning
- **Avoid caffeine**- many people find that caffeine can make their anxiety worse because it can increase your heart rate and make steady breathing more difficult
- **Try to get enough sleep**- being well rested can give you the energy and mindset to handle difficult situations more effectively
- **Eat well**- make sure to eat regularly as this will make a positive difference to your mood and energy levels throughout the day. Check out the Mind food and mood advice [HERE](#)
- **Remember to breath**- doing regular breathing exercises can help you feel more in control in stressful situations. Check out the NHS tips on breathing exercises [HERE](#)
- **Talk to someone you trust**- to help you to rationalise your worries. A problem shared is a problem halved

Don't forget you can contact Your ESS Nutrition and Wellbeing specialist: ess.wellness@compass-group.co.uk