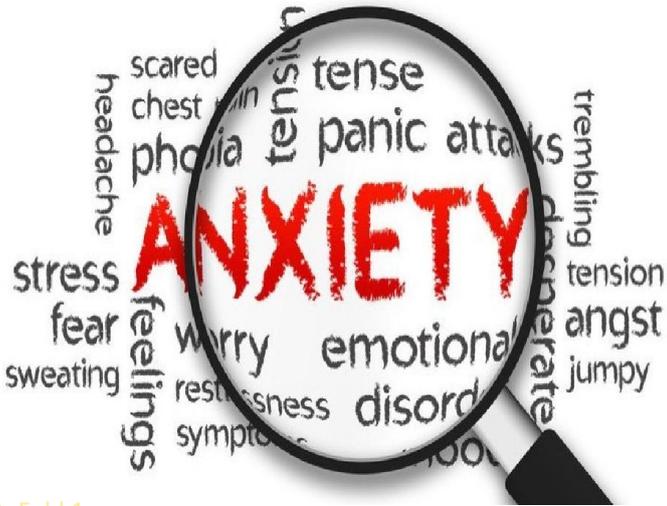


ACTION UPDATE

Anxiety

Fold 3



Fold 1

In 2013 there were 8.2 Million reported cases of people suffering with Anxiety.
It's really common!

What is Anxiety? What does it feel Like?

In some situations, such as going to the dentist or having a job interview, anxiety is a natural and quite normal response to something that is challenging and frightening.

Anxiety can also be caused by alcohol, drugs, too much caffeine and even sugary foods, which affect how our bodies, brains and emotional functions.

Anxiety can become an issue if you are struggling with ongoing problems in your life, or circumstances that feel out of your control.

"Anxiety is the constant worry and very real feeling/belief that something awful is going to happen at any moment."

"Anxiety causes me to overthink and worry about everything I do. My mind feels like a snow globe that's been shaken"

Severe and constant anxiety is the main symptom of several conditions, including:

- Panic disorder/attacks
- Phobias – such as Agoraphobia or Claustrophobia
- Post-Traumatic Stress Disorder (PTSD)
- Social Anxiety and Generalised Anxiety Disorder.

If you feel that you may be suffering from severe anxiety and its having an affect on your life and ability to function. You can go to your GP, who will talk you through the options to resolve it.

Or for more information you can contact:

Mind Info Line **0300 123 3393** 9am to 6pm Mon to Fri.
Anxiety UK Info Line **08444 775 774** 9:30 to 5:30pm Mon to Fri.

We have included some ideas/tools in this Action Update that may help you identify your triggers, and help you manage your anxiety.

Homeless Health Peer Advocacy

Do you need help getting to health appointments in London?

Groundswell Peer Advocates, who have been homeless themselves, supported people to 2400 health appointments last year. Ask a key worker to refer you or get in touch with us yourself:

Phone: **03000 039 600**

Email: **HHPA@groundswell.org.uk**

Website: **www.groundswell.org.uk**

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ACTION UPDATE!

Anxiety



Tools to Help You Cope With Anxiety

A really important thing to remember when coping with anxiety is a lot of the work will come from within you, it's how you build strategies to cope and have insight into what triggers your anxiety. So you are better able to manage any given situation. This is not done overnight it will take time to remember the skills you need and to be able to put them into practice. It's a case of seeing what works best for you!

Get busy/keep active. Exercise is not just about getting fit and having the dream body. A lot of people with anxiety just don't do enough physical activity. This can help to improve your immune system, release calming endorphins, burn away stress hormones and release nervous energy so you can better relax. It's incredibly important for controlling stress and anxiety and incredibly important for coping.

Positive Thinking. Positivity is an important step in learning to deal with anxiety. The truth is that anxiety isn't responsible for every negative thought, but it can amplify them. If you try to remain positive in any given situation it can help to turn things around. Even if you have to 'fake' positive thinking until you are confident that you have the skills to cope.

Meditation and Yoga. This will help with breathing techniques and allowing you to just be with yourself. Allowing you to centre and compose yourself then evaluate what is really going on. These skills can be really useful if you are aware that you are about to have a panic attack.

Alternative therapies. Things like lavender oil or herbal supplements can help you cope with anxiety. Chamomile tea, Kava Kava, Valerian, Passionflower and St. John's Wort all produce sedation/relaxation without many side effects. You should always check with a doctor before using them.

Accept It. That may sound strange but facing up to the fact you are anxious can help empower you to overcome it. Talking about what is going on may also help you and others to get a better understand of what's going on and help by lowering you anxiety at the same time.

Clear your head and work out what you are dealing with and what you don't need to do by answering the questions below. It will help you manage your thoughts to get them down on paper. It's the opposite of a to-do list so you can focus on what really matters!

The Not -To- Do List			What's beyond my control?
What am I dealing with at the moment?	Which things makes me feel anxious ?	What's not my responsibility?	
	What do I not need to do?		

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