

A **Psychologist** is someone who has been trained help people talk about their problems. You don't have to talk about anything you don't want to



Anxiety



If you feel you need more help you should speak to your **Doctor**. You can use this book to help tell him how you feel.

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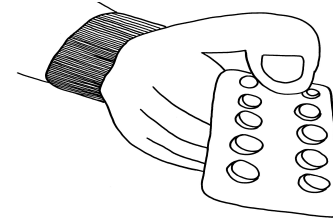
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This is a book about Anxiety

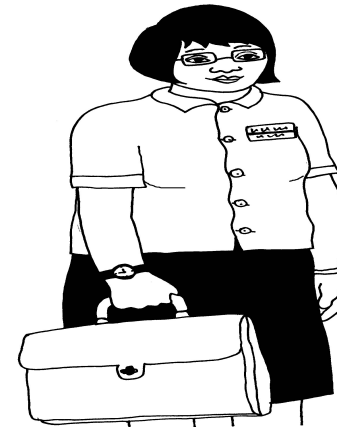
- What is Anxiety?
- How do I know if I am suffering from anxiety?
- What can I do to help myself?



- Your Doctor may offer you **tablets** for anxiety



- Your Doctor may also refer you to a **Psychologist**



What other help is there?

You can talk to your carer or support staff.



If you feel you need more help you should speak to your **Doctor**, or ask your carer to speak to your Doctor

You might want to read it on your own

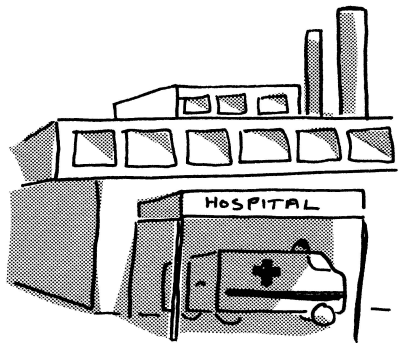
You might want to read it with someone else

What is Anxiety?

Anxiety is something we all feel from time to time

We might feel anxious about something

For example,



- If we had to go to hospital for an operation



- Talk to someone about how you feel



- Listen to music or relaxation tracks

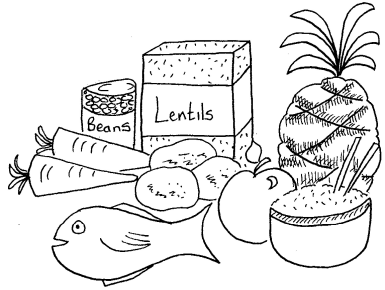


- Cut down or quit smoking



- Cut down or stop drinking

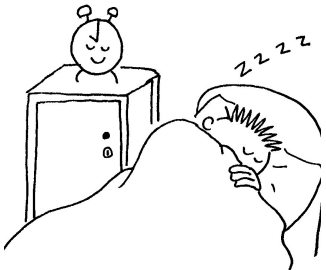
What can I do to help myself?



- Eat healthy food



- Exercise – even just going for a walk!



- Make sure you get enough sleep



- If we had to sit an exam

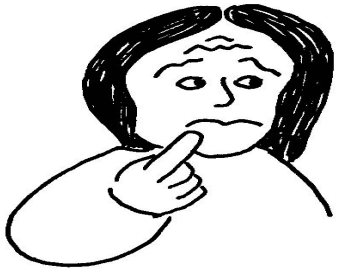


- If we are worrying about the future

Sometimes we don't know why we are anxious



Anxiety is can make us feel bad:



- it can make us feel **frightened**



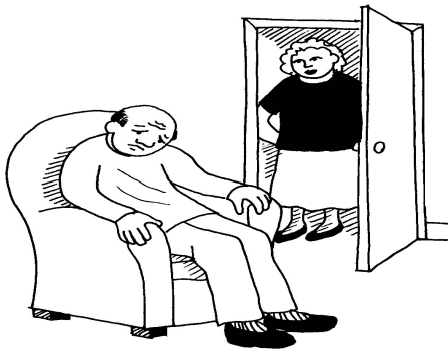
- It can make us feel unwell



- problems with family or friends

- problems with staff

I CAN'T...



- It can stop us doing things we enjoy

Sometimes there does not appear to be any reason for feeling anxious

What causes anxiety?

There may be many reasons why someone becomes anxious: it is different for different people

Some people may have stressful things to deal with like,

- Going into hospital



- when someone close to you dies

How do I know if I am suffering from Anxiety?

Many people suffer from anxiety.

Anxiety can affect us in many ways. *Sometimes your staff might notice you seem anxious.*

You might:

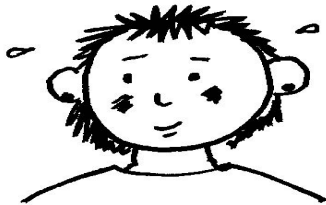


- Feel Worried
- Think something bad is going to happen

Your **body** might feel:



- dizzy



- hot and sweaty



- You might get headaches

You may find it hard to:



- Sleep

- Focus or concentrate on anything



If these things happen to you some of the time or all of the time

you might have anxiety