

Anxiety

It is completely normal to feel anxious or worried in certain situations. When our bodies feel danger (this may be real or perceived), chemicals prepare us to face or flee the danger. This is an instinctive reaction known as the 'fight or flight' response. Anxiety can arise when our bodies have this response in normal everyday situations, or when it lasts a long time, becomes overwhelming, or affects the way we live our day to day lives. The good news is that we can learn to manage our anxiety and there are many effective treatments available.

What does anxiety feel like?

Symptoms of anxiety are individual, and can be physical or psychological. They include:

Physical – pounding heart, churning stomach, sweating, tension, trembling, hyperventilating, dry mouth, dizziness, headaches.

Psychological and behavioural – excessive worry, a fear that something bad is going to happen, snappy and irritable, difficulty concentrating, fear that you are 'going mad', feeling detached from your surroundings, poor sleep, avoidance of places or situations.

What can you do to help yourself?

Manage Stress. Think about the stressors in your life and try to find a balance. Often breaking down stressors and problem solving in small chunks is far more helpful than trying to deal with all of the stressors or problems at once. Try writing things down and dealing with one thing at a time.

Think about the way you are thinking. More often than not, when we are feeling anxious, we start to think in an anxious way. You might be doing the 'what if's....' or building things up in your mind to be far bigger or scarier than they are in reality. Try and recognise if you are thinking in an anxious way and try and come up with a more balanced and rational way to think about the situation, based on facts.

What can you do to help yourself?

Don't avoid situations that cause anxiety – we can very quickly get into a habit of avoidance, which ultimately reinforces our anxiety and makes it worse in the long term.

Get active. Physical exercise helps your body release natural stress and anxiety busting chemicals.

Seek Support. Talk to a friend, or access the Wellbeing Service and speak in confidence with an Advisor. Advisors will listen to you and explore how you might start to move forward. Counselling may also be an option, and this can also be discussed with your Advisor

Visit your GP. There are a wide range of treatments available for anxiety. Speaking with a GP can help you find a treatment that suits you.

What we offer

- Big White Wall
- Same Day Appointments (book via iPoint)
- Bookable Appointments (book via iPoint)
- Counselling
- Workshops & Group Programme

You can also access our range of workshops and groups – you can find full details of these online.

Get help

Self-help: www.bigwhitewall.co.uk

In person: Wellbeing and Disability Services, Level 4, Student Central.

Email: studentwellbeing@hud.ac.uk **Tel:** 01484 471001 **Web:** hud.ac/wds