



Anxiety Advice

Symptoms of anxiety

- **Feeling nervous or anxious**
- **Not being able to stop or control worrying**
- **Feeling afraid that something awful might happen**
- **Difficulty concentrating**
- **Problems sleeping**
- **Inability to relax**
- **Feeling restless**
- **Physical symptoms (e.g. racing heart, breathlessness, sweating, dizziness, nausea)**

Types of anxiety disorder

Generalised Anxiety Disorder: is characterised by persistent and excessive worry about a number of different things, alongside physical symptoms as above.

Panic disorder: panic attacks are an intense rush of physical symptoms and a feeling of panic. Symptoms may include a racing heart, feeling faint, sweating, shortness of breath, feeling disconnected from your body, an intense fear of dying, ringing in your ears, dry mouth.

Phobias: overwhelming and debilitating fear of something (e.g. an animal, situation) which may cause a lot of distress and restrict daily life.

Post traumatic stress disorder (PTSD): anxiety disorder caused by a very stressful or distressing event. May relive the event in flashbacks or nightmares and feel irritable and isolated with poor sleep and concentration, impacting on daily life.

Social anxiety disorder: long lasting and overwhelming fear of social situations.

How to help with symptoms of anxiety

Self help

There are many ways you can help yourself feel less anxious:

Exercise: regular exercise has been shown to help, specifically aerobic (where your heart is beating faster) e.g. swimming, jogging, tennis, football.

Avoid caffeine: too much caffeine makes you more anxious than normal, disrupting sleep and increasing heartbeat.

Avoid smoking and drinking: both have been shown to make anxiety worse.

Relaxation: different people find different ways to do this, e.g. breathing exercises, meditation, yoga.

Self-help book /online course: CBT based courses with support from trained therapist over about 6 weeks.

Support groups: advice on how to manage anxiety and meet people who have similar experiences e.g.

- Anxiety UK
- MIND
- Rethink Mental Illness

Treatment options

If these self-help options are not helping, or your symptoms are more severe, there are possible treatments which you can discuss with your doctor:

Psychological:

- talking therapy has been found to be effective for anxiety disorders. Cognitive behavioural therapy has been found to have longer lasting effects than medication alone and should be carried out by a trained specialist.
- Mindfulness
- Relaxation

Medical: here are medications which may help with symptoms of anxiety, which can be prescribed by a doctor. We generally do not initiate such medications with DCA.

- Selective Serotonin Reuptake inhibitor (SSRIs) e.g. citalopram.
- Serotonin and noradrenaline reuptake inhibitors (SNRIs) e.g. venlafaxine.
- **Pregabalin** - although this is a medication used for seizures, it has been found to be helpful when treating anxiety.
- **Benzodiazepines** - short term sedative which can be used during a particularly severe period of anxiety. It can be addictive and causes a lot of drowsiness, therefore we are unable to prescribe this on DCA and generally very short courses are prescribed if it is used.
- **Propranolol:** can help with some physical symptoms of anxiety (e.g. palpitations, sweating).

Referral to a specialist: if your symptoms are significant or the above have not been helping, the support from a community mental health team or psychiatrist may help.

Crisis

If you should be feeling overwhelmed or having any thoughts about harming yourself or ending your life, please contact a doctor immediately. You can contact your GP urgently or attend your local Accident and Emergency.

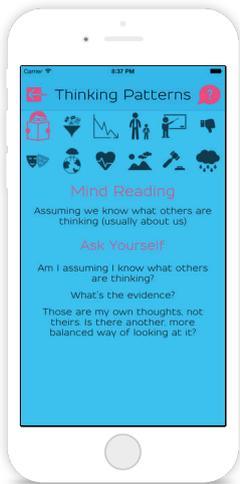
Samaritans is a 24-hour line support line if you need to talk to someone.

[Visit website](#)

Support

There are many sources of publicly available information on managing anxiety from apps, leaflets and websites. We recommend the following:

Apps

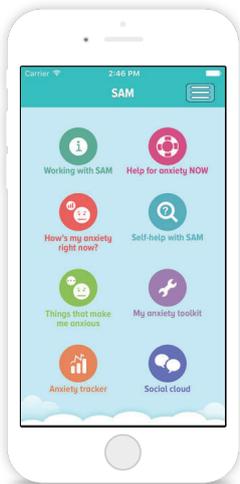


What's Up? - Mental Health App

Android

iOS

What's Up? uses CBT techniques and is interactive as well as tracking levels of anxiety.



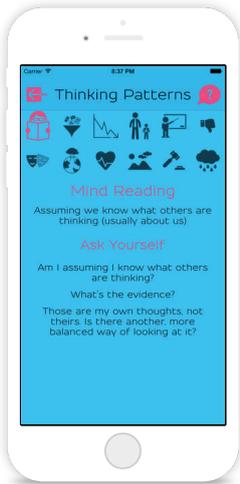
Self-help for Anxiety Management

Android

iOS

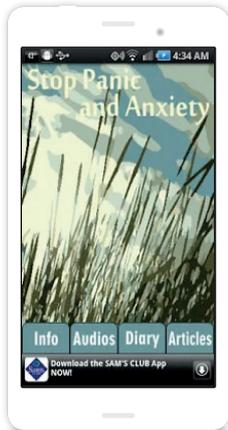
Self-help for Anxiety Management has an anxiety tracker, self-help tips and chat room.





Worry Watch - Stress & Anxiety iOS

Worry Watch can note down and monitor particular worries.



Stop Panic & Anxiety Self-Help Android

Useful for panic attacks. Has self-help, a diary features, audio coach and panic assistance during a panic attack.



Leaflets

NHS choices: Information on Generalised Anxiety Disorder.

[Read more](#)

Patient.co.uk: General information about anxiety diagnoses and possible treatments.

[Read more](#)



Websites

MIND: Charity supporting mental health issues. Specific information and sources of support for anxiety.

[Visit website](#)

AnxietyUK: Resources (some free and some available to buy) to help with anxiety and online CBT (digital online service).

[Visit website](#)

No Panic: Organisation supporting various anxiety related disorders with helpline for adults and young people.

[Visit website](#)

ReThink Mental Illness: Advice and support for a variety of mental health issues.

[Visit website](#)

Online therapy, in written format with trained therapists:

[Visit website](#)

Silver Cloud: Online courses in CBT and other talking therapies.

[Visit website](#)

Need more help?



+44 (0)330 088 4980



contactus@doctorcareanywhere.com



doctorcareanywhere.com