

What should you do if you would like support?

If you feel that you need support in coping with anxiety, please talk to your health care team, or your GP. Your GP can often help you to make a decision, about whether support with your anxiety might be helpful and can offer advice about the best service to meet your needs.

Remember to talk to your doctor or health care team, about any concerns regarding your illness or treatment. This is particularly important if not having the right information about your health, treatment or what you can and cannot do, is playing a role in you feeling worried.

If you are experiencing any financial concerns, you can contact your local Citizens Advice Bureau for assistance.

Anxiety and physical health conditions

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

What is anxiety?

Anxiety is a common reaction to stressful events or situations, including changes to health. It often occurs if people feel unsafe or under threat in some way.

Effects of anxiety

How you may think	What your body may feel	What you may do
Racing thoughts	Rapid heartbeat	Ask others for reassurance
Thinking the worst	Shortness of breath or tight chest	
Expecting that something awful might happen	Tingling or numbness in hands or feet	Avoid certain people, places, or situations
	Sweating	Dwell on worrying thoughts
	Dizziness	Isolate ourselves
	Upset stomach	

Anxiety can affect people in different ways. Physical symptoms can be particularly frightening for people who are living with a health condition. This is because symptoms of anxiety may overlap with the symptoms of their condition. This may cause people to worry further about their physical health, increasing anxiety. This can then become a vicious cycle:



Physical health conditions and anxiety

Living with a health condition is one of many things that can trigger anxiety. This can be due to things such as:

- The changes or adjustments that people have had to make to their life.
- Uncertainty (not always having answers) regarding health.
- Time away from education or employment, having financial worries, or feeling concerned about how others may be coping.

Managing anxiety

Some ways to overcome anxiety include:

- Having some awareness of the physical effects of anxiety. This can help to prevent a vicious cycle from happening or continuing.
- Relaxation techniques including breathing and visualisation exercises, also gentle stretching such as yoga.
- Putting the focus of your attention into what you are doing in the here and now.
- Recognising when you are avoiding things, and setting yourself small achievable goals to work towards.
- Making sure you are balancing time for things for enjoyment, achievement, self-care and connection with others.
- Being aware that using substances, such as alcohol, can make anxiety worse in the long-term.
- Maintaining healthy behaviours. Eat well, get enough sleep and exercise where possible.
- Speaking to someone you trust. They may be able to help you to think things through.