Anxiety & Worries

The symptoms of anxiety can be very real and distressing

The physical symptoms of **anxiety** can be very distressing and can interfere with daily life. These symptoms can differ from person to person and include night waking, heart palpitations, blushing, sweating, shaking, feeling sick, loss of appetite and ongoing agitation (difficulty relaxing). Sometimes we may not feel inwardly anxious, but display signs of anger and irritability – this too can be anxiety expressed in a different way.

For some people intrusive, repetitive **worries** (rather than anxiety symptoms) are the main concern. Worries can seem to take on a life of their own. Some people struggle to ‘turn off’ their worry brain and have to live with a racing mind and worries that interfere with work and relationships.

Most of us experience anxiety and recurrent worries from time to time. However ongoing anxiety and/ or intrusive worries can be very unpleasant and restrict life and enjoyment.

‘The right type of therapy can have a very powerful impact on reducing anxiety’



The symptoms of anxiety are due to our nervous system. It has two phases: high alert and calm. When our system is in high alert we call it the fight/ flight phase.

This ‘anxiety’ response is very normal and adaptive when it occurs in short bursts in times of stress. However, sometimes the nervous system can remain stuck in this fight/ flight response for months, if not years.

When the nervous system stays in the high alert phase for long periods symptoms tend to spiral into a worsening pattern. This further creates worry and stress which further increases anxiety.

Fortunately, the right type of therapy can have a very powerful impact on reducing anxiety.

Research shows that therapy is the most effective treatment option. This is because therapy, unlike anxiety medication, treats more than just the symptoms, it treats the core of the problem. Therapy for anxiety and intrusive worries looks at teaching you strategies to identify triggers, learn to manage the anxiety and develop skills for turning off the anxiety response.

Whether you have general anxiety and worry, a specific phobia, anxiety from a trauma, panic or social anxiety there are very effective treatments we can offer.

These treatments look at the anxiety from four main perspectives and seek to identify your personal anxiety signature for your emotions, thoughts, body and behaviour.

From this personal signature, a clear practical treatment plan emerges. This plan will include practical tools to empower you to create a calmer, more resilient self.

Cognitive-behavioural therapy (CBT) one of different therapies that can be used for anxiety. CBT addresses negative patterns and distortions in the way we look at the world and ourselves.

If you want to know more about anxiety you can take a test to assess how much it impacts your life https://psychology-tools.com/gad-7/

What is a Panic Attack?

One common type of anxiety is panic. Panic can be understood by addressing the cycle that starts it and the trap that keeps it going.

During therapy we personalise a plan for you to overcome your panic and keep it at bay! Here is a short video explaining more about the treatment of panic disorder.