



TIPS FOR DEALING WITH ANXIETY



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On request this information will be available in different languages and formats.

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The symptoms of anxiety:

You might start out just feeling generally anxious, but if your symptoms get worse or last longer than they should, it could be time to get some support. Symptoms include:

- feeling nervous, on edge, or panicky all the time
- feeling overwhelmed or full of dread
- feeling out of control
- having trouble sleeping
- low appetite
- finding it difficult to concentrate
- having a dry mouth
- feeling tired and grumpy
- trembling
- feeling faint
- stomach cramps and/or diarrhoea/needing to pee more than usual
- sweating more than usual
- wobbly legs
- getting very hot
- heart beating really fast or thinking you're having a heart attack

Tips for dealing with anxiety:

"Write a letter to yourself explain how you feel and why. Be as open and truthful with yourself as you can be. A few days later, read it back imagining someone else wrote it to think how you would help them."

"Sometimes all you need to do is stop and focus on your breathing. I have learned many techniques over my time in counselling, and finding one that works for you is important."

"If you look up 'calming breathing techniques' you'll find many of your own. I breathe in for 7 seconds and out for 11 seconds, which helps me to stop and focus."

"As stressful and anxiety-inducing as seeking help can be in itself, talking to someone and receiving support is the only way to overcome it."

"Doing something you enjoy is a good way of taking your mind off of things. I get anxiety over things that may not even happen, so having things that I enjoy reduces the amount I worry."