



Anxiety and Panic Attacks

Anxiety is a word we use to describe feelings of unease, worry and fear. It incorporates both emotions and physical sensations we might experience when we are worried or nervous about something. Although we find it unpleasant, anxiety is related to the ‘fight or flight’ response, our normal biological reaction to feeling threatened. There are a few things that you can do to help manage anxiety by yourself:

- Talk to someone you trust**
- Try a breathing exercise**
- Try shifting your focus**
- Listen to music**
- Try reassuring yourself**
- Physical exercise**
- Keep a diary**
- Eat a healthy diet**
- Complementary therapist**
- Support group**

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