

# Anxiety



# Anxiety



Anxiety is when you have feelings of **worry** and **fear**.



These worries and fears may be **BIG** or **small**.



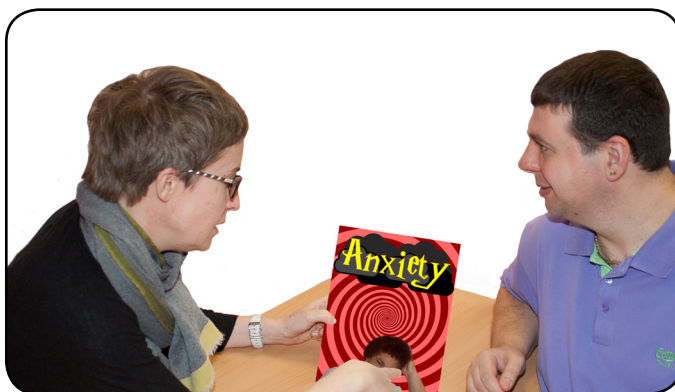
Everyone feels **anxious** sometimes.



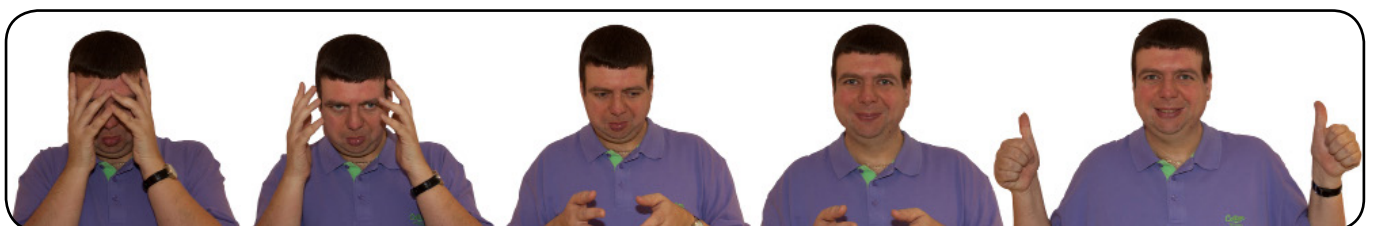
For example, when **meeting new people**.



Sometimes these feeling can be **VERY BAD** and stop you from doing things.



With **help** you can learn how to **feel better**.



# Anxiety can make you feel:



**Tense**



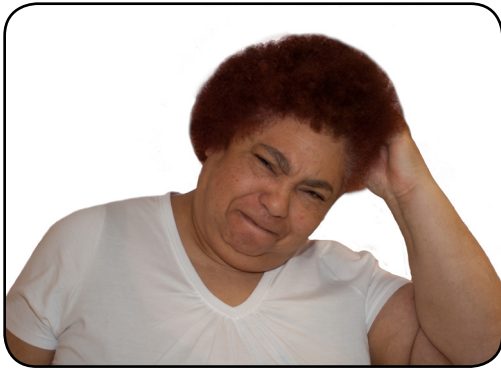
Like it's **hard** to **keep still**



**Nervous**  
(like butterflies in your stomach)

Like you **don't** want  
to see **people**





**Confused**



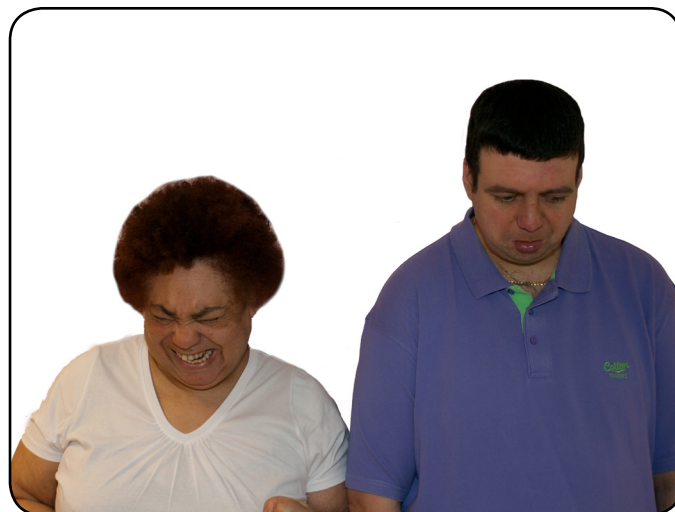
Like it is **hard** to **think**



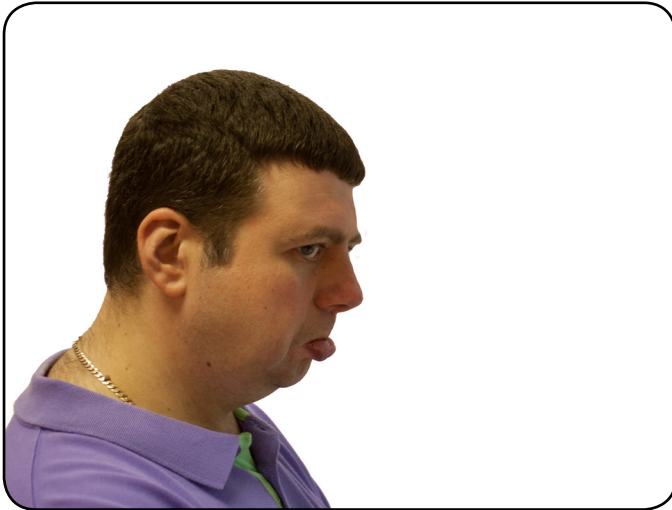
**Worried** about what might happen



Like you **don't** want to **go out**



**Angry** or **Fed up**



**Sad**



Like it's **hard**  
to make  
**choices**

**Anxiety** can also make...



It **hard** to **sleep**



You **cry**



you have  
diarrhoea  
**(runny poo)**

You may also feel...



Dizzy



Sweaty



Your heart is  
beating fast



Sick



In pain





Fast  
breathing



Shaky



Chest pain



Headaches



A dry mouth

If you think you have Anxiety:




Go and talk to your **doctor**.





Your **doctor** will ask you **questions** to find out how you **feel**.


Your **doctor** may give you another appointment.

**My Appointment Card** designed by  
**generate**<sup>+</sup>  
020 8879 6333

 **Time:** \_\_\_\_\_

 **Date:** \_\_\_\_\_

 **Where:** \_\_\_\_\_

 **To see:** \_\_\_\_\_



You can take someone with you like a support worker, friend or family member.

They can help you to explain how you feel.

Your **doctor** may:



Ask you to take  
**medicine.**



Send you to see a **Psychiatrist,**  
**Psychologist** or **Counsellor.**

These are **experts** who can help  
you with your **depression.**

You may also want to:

**Talk** to someone that you like and trust.

This might be a good **friend** or **family** member.



**Tell** them how you **feel**.

Try to look after yourself by:



Getting lots of **sleep**



Exercising



Eating **healthy** food



Drinking plenty of **water**



Letting people that you like **help** you



Doing something that you **love** each day



If you need to speak to  
someone now!...



...you can call



08444 775 774

This information was made by the  
**Easyhealth Team**  
at Generate Opportunities Ltd  
and published in May 2015.

The accessibility was checked by  
the Generate Quality Checkers  
(a team of people with learning disabilities)  
Carrie - Michelle McDermott - Stuart Pearson

For checking the medical  
information we would like to thank;

Dr William Howie,  
Psychiatrist at The Joan Bicknell Centre, Tooting

Britta Nagel,  
Psychologist at St Georges Hospital, Tooting

**generate** ➔

Generate Opportunities Ltd  
73 Summerstown  
London SW17 0BQ  
020 8879 6333

**easyhealth.org.uk**