



What is Anxiety?

Anxiety is a feeling of unease that can be mild or severe and it can include worry and fear. Everyone experiences feelings of anxiety at some point during their lives, for example when waiting for test results from their doctor, sitting exams, moving house or meeting someone new. At times anxiety can be helpful by keeping us alert. On the other hand it can overwhelm us and prevent us from doing things we want or need to do. Anxiety can affect our mental well being and physical health.

Signs of Anxiety

- Nervousness
- Fear of losing control
- Racing heart
- Upset stomach
- Tense muscles
- Aching body
- Panic attacks
- Feeling uptight
- Unable to relax
- Tension
- Feeling "on edge"
- Unable to concentrate
- Racing thoughts
- Sleep difficulties
- Sweating
- Feeling "light headed"

Although the above signs may indicate anxiety it is important to go to your GP to rule out any underlying health problems.



What causes Anxiety?

Anxiety can be caused by events that have happened in the past, present or worries regarding the future. There are many reasons why people can feel anxious - some examples are:

- Trauma
- Abuse / domestic violence
- Bullying
- Bereavement
- Family problems

Sometimes anxiety is a normal reaction to a stressful event but can become a problem when it is severe, goes on for too long, happens too often or stops us from doing what we want to do.

How to Cope With Anxiety

Some ways to help you cope with anxiety are:

- Identifying and recognising what causes anxiety
- Practicing breathing exercises
- Taking walks
- Swimming or other exercise
- Reducing caffeine and sugar intake
- Practicing relaxation techniques
- Hobbies
- Talking to family and friends
- Getting plenty of sleep
- Drinking plenty of water
- Breaking large tasks into smaller ones to make them more manageable

Where to get help?

It is important to seek help from a professional if your anxiety becomes unmanageable – your GP can assist you or you can contact New Life Counselling for counselling support. We can offer individual or group counselling to assist with anxiety and to help you to develop social skills.

How could Counselling help me?

Counselling can provide you with the opportunity to talk on a one to one basis with a professionally trained counsellor about the difficulties in your life.

What can I expect?

- What I talk about will be respected and treated in confidence.
- I won't be judged
- I can be myself
- I will be listened to
- My side of the story will be heard
- To learn new ways of dealing with difficult thoughts or feelings

How do I get Counselling?

You can either contact us yourself and we will arrange to meet with you or someone else can contact us on your behalf. This may be your GP, social worker or another person who is concerned about you.

If you are interested in finding out about us you can contact us directly or visit www.newlifecounselling.net for more information and where you can fill in our online referral form. We will then be in touch to set up an initial appointment.

“we're listening”

Contact Details

For further information or to make a referral, please contact:

25 Ardoyne Road Belfast BT14 7HX
Tel: 028 9039 1630

Unit 20 North City Business Centre
2 Duncairn Gardens Belfast BT15 2GG
Tel: 028 9074 6184



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Hello.

We're New Life Counselling,
we're here to help you.

Feeling anxious?