

Additional Support:

Samaritans:

Helpline: 08457 90 90 90

Text: 08457 90 91 92

Email: jo@samaritans.org.uk

www.samaritans.org.uk

Mind:

Mental health
information and support

Infoline: 0300 123 3393
(Mon to Fri 9am - 5pm)

Email: info@mind.org.uk

www.mind.org.uk

Anxiety UK:

Infoline:
08444 775 774

(Mon to Fri 9.30am - 5.30pm)

Text: 07537 416 905

www.anxietyuk.org.uk

Anxiety at Work



This information leaflet explores what anxiety is and ways to help if you are feeling anxious.

Introduction

Anxiety ranges from feeling jittery to debilitating fear or panic. Feeling anxious when there is a difficult situation is completely normal and a healthy reaction to help us cope with the difficult situation.

What Is It?

Anxiety is thought of as a problem if it stays once the difficult situation has gone or if the anxious feelings get worse. Anxiety is very common and there are lots of different types of anxiety. These include generalised anxiety, social anxiety, health anxiety, phobias, perinatal anxiety, body dysmorphic disorder, panic disorder, obsessive-compulsive disorder and post-traumatic stress disorder.

Signs You May Notice:

Having stomach cramps or diarrhoea

Feeling dizzy or faint

Getting a dry mouth

Shaking or trembling

Palpitations

Not wanting to eat

Not being able to concentrate

Feeling tired and irritable

Finding it hard to sleep

Feeling low in mood

Feeling frightened, nervous or panicky lots of the time



Getting Help

Having one or more signs of anxiety does not necessarily mean a person has anxiety. You may recognise anxiety within yourself and feel that you have coping strategies that work. However, if you find your anxiety overwhelming, it is important to seek help. If a person has some of the signs of anxiety, it is really important that they have someone they can confide in and a support network they can call on for help. This could include colleagues, friends, their doctors, family members and mental health organisations. Getting help is the first step to getting better.

Getting Better

There are many things you can do to help yourself. If you need more support, seeing your doctor is a vital step to getting the support you need. There are three main ways that anxiety is treated by your doctor:

1. Counselling – this means talking to someone regularly. The counsellor will listen and help the person who is feeling anxious to understand why they feel anxious, as well as letting them work through these thoughts.
2. Cognitive Behaviour Therapy (CBT) – this means talking to a therapist who changes the way the person's thoughts and feelings affect them and their actions.
3. Medication – anxiety medication is sometimes prescribed by the doctor if other ways are not working or if the anxiety is very difficult.

How Can Colleagues Help?

Colleagues can help someone with anxiety by:

- being there to listen and not judge;
- suggesting the person goes to see someone to get some help;
- making sure all involved have a support network of people to talk to.