



# Debbie Smith Therapy

## Chartered Counselling Psychologist

### Anxiety

It is normal and healthy to feel sad or worried about life and its problems and pressures. But when worry clouds over your everyday life, you may be suffering from anxiety or depression, or a mixture of the two. For more information about depression, please see separate factsheet on the subject.

It is estimated that a quarter of the population will suffer from sustained unhelpful levels of anxiety at some time in their lives, this is even more than those affected by depression.

Anxiety is often divided into three types:

- General anxiety
- Phobias (see information sheet on phobias.)
- Panic disorders (see information sheet on panic attacks)

We all have basic emotions which help us manage our lives and survive. Emotions are constantly changing, they have a beginning, a peak and a resolution. They bring with them chemical changes in the body. These chemical changes have always aided our survival from threats and danger, as diverse as love, hate, anger, fear and sadness, to help us manage our lives and survive.

But sometimes anxiety and depression have no movement and hang like black clouds, bringing no change or resolution. For many people anxiety is a fear with no subject. It is just an overwhelming disabling worry that dominates their life. It often becomes more powerful and the sufferer slides into a vicious spiral, becoming anxious about being anxious.

Symptoms can include changes in appetite, lack of sleep, loss of energy, loss of concentration, headaches and dizziness. There may be physical pain and loss of control including shaking, trembling, sweating and needing the loo more often.

### Causes

- Anxiety and depression can run in families as a result of learned and copied behaviour.
- Caffeine, drugs, legal or illegal, can alter moods and may trigger anxiety.
- An illness, a shocking experience or a trauma may also leave us with a tendency to be anxious.

### How talking to Deborah can help

Deborah can help you to understand, confront and change patterns of thinking that contribute to anxiety. Thus putting you in control of your feelings again.