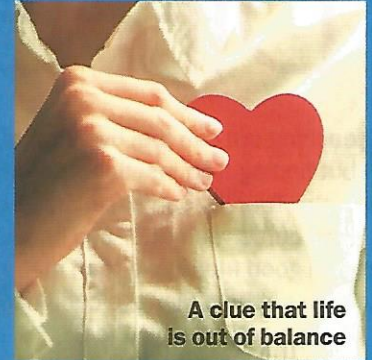




ANXIETY AND PANIC ATTACKS



A clue that life is out of balance

According to Anxiety UK, 15% of the UK population struggles with anxiety. 9.2% of the population has mixed anxiety and depression. This means it is the biggest mental health issue in Britain.

Symptoms can include tense muscles, uncontrollable worry (maybe about something specific, maybe a wider sense of impending but floating doom), feeling restless and insomnia.

Whether it's sweating, difficulty breathing, dizziness, nausea, shaking, palpitations or a combination, panic attacks can feel like impending death.

Really, it's the body's primitive ways of getting us to pay attention to what's going on in our lives. Remembering that anxiety, like any other symptom, is a clue that our life is out of balance can help us readjust.

mental health

professionals to get it right.

It might be about setting stronger boundaries with loved ones, colleagues and others, knowing that our needs and wants are as important as theirs.

The more we can recognise spikes in self-loathing and unworthiness as signals from our bodies and minds to take extra special care of ourselves, the sooner we can benefit from the help available.

We know ourselves best but it can be challenging to articulate ourselves

sleep patterns, nutrition, exercise, activities and important thoughts can help our doctors as well as supporting us in better getting to know ourselves and what makes us tick.



Knowing the kinds of people and activities that support our mental health (as well as those that don't) can help us make lasting changes to our lifestyles. Sometimes, even if the most

caring of our loved ones can't be with us, just thinking of them – and what they might do – can help us to access

Use the positive feelings

