

Anxiety

What is anxiety?

Anxiety is a natural response that helps us avoid dangerous situations and motivates us to solve problems.

Anxiety disorders differ from anxiety as they usually last longer, are more severe and interfere with a person's work and/or relationships.

Women are twice as likely to be diagnosed with anxiety compared to men

In 2014, over 10% of people in England were identified as having Generalised Anxiety Disorder (5.9%), phobias (2.4%), OCD (1.4%) or panic disorder (0.6%)

Symptoms of anxiety

- Palpitations, chest pain, rapid heartbeat
- Hyperventilation
- Dizziness, headache, sweating
- Choking, dry mouth, nausea
- Muscle aches and pain, restlessness, shaking
- Unrealistic and/or excessive fear and worry
- Mind racing or going blank
- Decreased concentration and memory
- Difficulty making decisions
- Irritability, impatience, anger
- Confusion
- Restlessness, feeling on edge
- Tiredness, sleep disturbances
- Intrusive thoughts
- Avoidance of situations
- Repetitive compulsive behaviour
- Distress in social situations
- Urges to escape situations

Resources for anxiety

[Anxiety UK](#)

[No Panic](#)

[OCD UK](#)

[OCD Action](#)

[Triumph over Phobia \(TOP UK\)](#)

[NHS England](#)

[Talking Space Plus](#)

- [IAPT service for Oxfordshire](#)
- [Mind](#)
- [CALM](#)
- [Men's Health Forum](#)
- [Samaritans](#)