

# Symptoms of Anxiety

## What is anxiety?

Anxiety is a feeling of unease. Everybody experiences it when faced with a stressful situation, for example before an exam or an interview, or during a worrying time such as illness. It is normal to feel anxious when facing something difficult or dangerous and mild anxiety can be a positive and useful experience.

However, for one in ten people in the UK, anxiety interferes with normal life. Excessive anxiety is often associated with other psychiatric conditions, such as depression. Anxiety is considered abnormal when:

- it is very prolonged or severe
- it happens in the absence of a stressful event
- it is interfering with everyday activities such as going to work or socializing

The physical symptoms of anxiety are caused by the brain sending messages to parts of the body to prepare for the "fight or flight" response. The heart, lungs and other parts of the body work faster. The brain also releases stress hormones, including adrenaline. The following symptoms can occur as a result:

## Physical Symptoms:

- abdominal discomfort
- diarrhea
- dry mouth
- rapid heartbeat or palpitations
- tightness or pain in chest
- shortness of breath
- dizziness
- frequent urination
- difficulty swallowing

## Psychological symptoms can include:

- insomnia
- irritability or anger
- inability to concentrate
- fear of madness
- feeling unreal and not in control of your actions (depersonalisation)

# Anxiety

## You need the ability to...

- Stop anxiety & panic attacks before they start - eliminating panic forever!
- Re-build yourself and your life, BUT, this time around, on a solid self-confident foundation free from anxiety and panic attacks
- Get clarity of mind and strong, peaceful thoughts and feelings - NO more panic attacks or even mild anxiety
- STOP constantly checking how you are feeling or what symptoms you can find - typical of anxiety and panic attacks sufferers
- STOP waking up every morning with anxious thoughts or panic attacks and questioning 'how do I feel?' before you have even started your day
- Bring back the good years, and recover the time you have been losing to anxiety and panic attacks
- Make up for the lost time and live life 10 times more fully than you live under anxiety and panic attacks
- Become great company for your loved ones again free from anxiety and panic attacks
- Become physically fit and feel good in your body again
- Feel as if you are 10 years younger. (like you've been in a time machine; returning to before your anxiety and/or panic attacks started)
- Feel like you've been given a second chance
- Forget about daily stress, this time around you're going to enjoy your daily life, free from anxiety & panic attacks
- Instead of living life defensively and coping with it, start being a conqueror and live on the offensive
- Feel the rich flow of time from now on, as opposed to the long dull years you've passed through like a zombie, with your senses numbed by anxiety and panic attacks
- Become the inspiration of the ones close to you, and become a helper instead of a burden
- Become a fully functioning & able person again