




Anxiety

Types of anxiety disorders

- **Social Anxiety Disorder**
long-term, intense fear of social situations
- **Generalised Anxiety Disorder (GAD)**
long-term feelings of anxiety about a range of situations
- **Panic Disorder**
regular, sudden attacks of panic/fear
- **Separation Anxiety Disorder**
excessive anxiety about being apart from those you are attached to e.g., family members
- **Specific Phobia**
intense and excessive fear of an object/situation
- **Selective Mutism**
inability to speak in certain social situations
- **Agoraphobia**
fear of being in situations that may cause panic e.g., public transport, crowds, etc.

Myth Busters

- ✗ "Anxiety is a sign of weakness"
 - ✗ "Anxiety is not a real illness"
 - ✗ "You can't treat anxiety"
 - ✓ "Anxiety is real and everyone experiences it differently. It's always best to talk to someone you trust about it."
- 

Symptoms

- intense panic/fear
- trouble sleeping
- shortness of breath
- heart palpitations
- dry mouth
- nausea
- dizziness
- inability to concentrate
- avoidance behaviour

What causes anxiety?

Anxiety can be caused by a number of things and affects everyone differently. Potential causes include:

- **Environment** - stress, trauma
- **Biology** - family history, chemical imbalances
- **Other mental health problems**

Tips for living with anxiety

- Talk to someone you trust
- Get enough sleep
- Write down your thoughts or journal
- You may want to try out breathing and yoga exercises. You can find some useful resources on the Oxfordshire Discovery College website
- Speak to a mental health professional. There are a variety of treatments available to you, including: therapy and medication