



Anxiety Disorder

Easy Read



What is Anxiety Disorder?

Anxiety Disorder is a type of mental illness.

Most people experience feeling stressed or worried in certain difficult situations.

But when this feeling lasts for a long period of time or is severe, it is called anxiety disorder.



What happens with Anxiety Disorder?

Feeling stressed or worried all the time.



People can also experience the following:

- Dry mouth
- Breathing very fast
- Feeling shaky
- Sweating a lot
- Heart beating very fast
- Feeling tense in your body
- Feeling dizzy
- Difficulty sleeping



What causes anxiety?

People suffer from anxiety when there are certain changes in chemical levels in the brain.



Sometimes people can become anxious:

- After serious life events
- After use of street drugs such as Amphetamines or even drinking too much coffee.



Sometimes it may be difficult to know the reason.

If you want to know more about it, you can speak to your Psychiatrist or Community Nurse.



What is the treatment?

There are different types of treatments available.

Talking therapies are the most useful types of treatment.

There is a type of Talking therapy called **Cognitive Behavioural Therapy**. The short word for this is **CBT**.

Talking like this helps you to understand thoughts and behaviours that cause anxiety.



Your Community Nurse or Psychologist can provide this type of therapy.



Use of Medications in Anxiety

Anti-depressant medications are useful in the treatment of anxiety.

Other medications can also be used in the treatment of anxiety. For example, Propranolol and Risperidone.

Some tablets such as Lorazepam can be prescribed for anxiety which can be used for a few days only.

What else can help?

Going for a walk.

Doing some exercises,

Participating in activities that you like.

Listening to some relaxing music.



Help and Support....

Your doctor:

Telephone number:

Your Psychiatrist:

Telephone number:

Your Community Nurse;

Telephone number:

Other professionals
involved:

Other resources:

www.patient.co.uk





A Picture of **HEALTH**

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