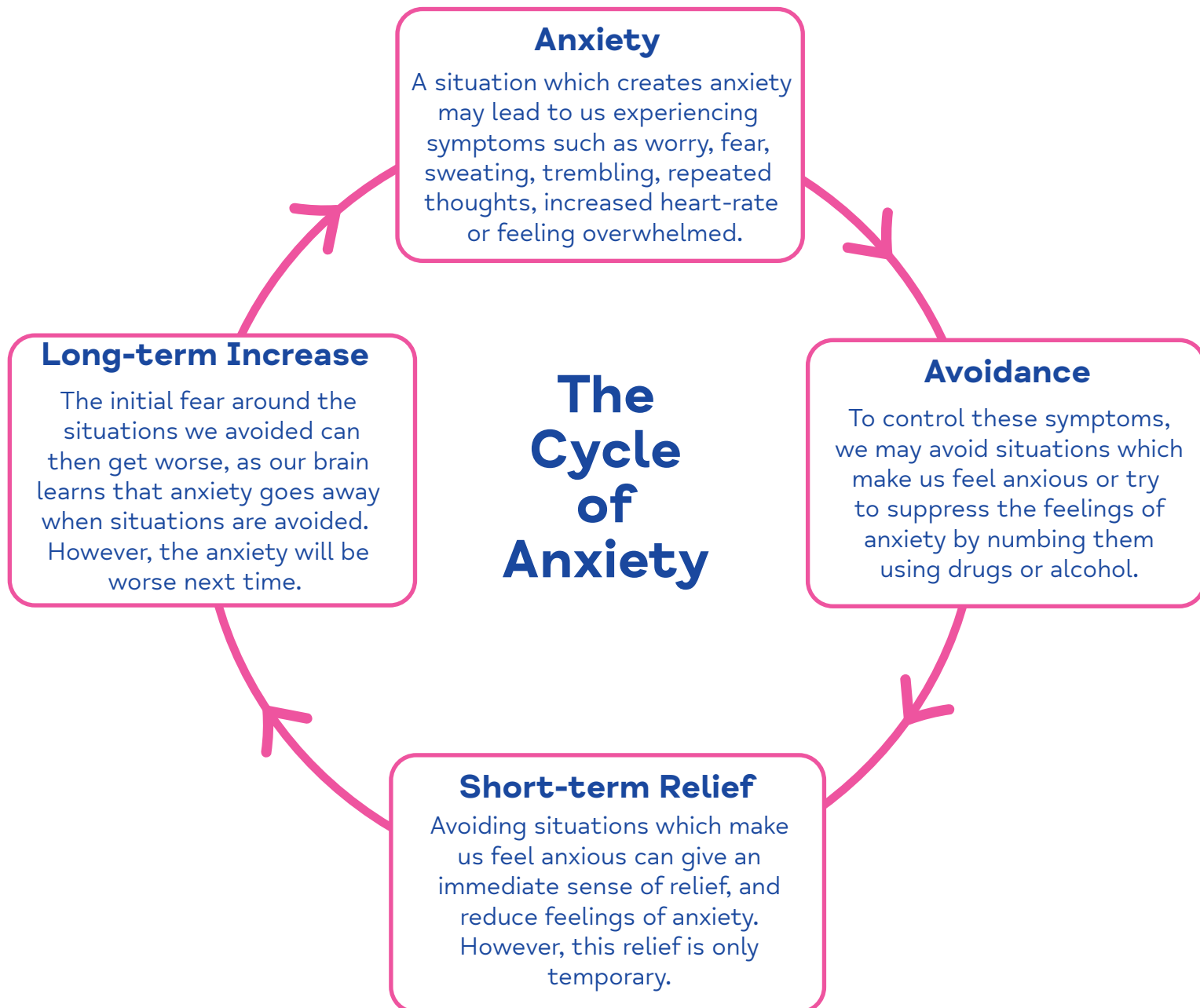


What is anxiety?

Anxiety is a natural human response to times when we may feel under threat. We may feel worried, tense or afraid about things which we think could happen. Most people feel anxious at times, particularly when coping with stressful events. Everyone's experience of anxiety is different.

Humans have developed a “fight, flight or freeze” response, to protect us from danger. Our bodies release hormones such as cortisol and adrenaline. This can be helpful, enabling us to generate action in our lives, or to keep ourselves safe. However, at times this response can be too much and it can become extremely debilitating.



How to break the cycle of anxiety

It can be difficult living with anxiety, but there are ways to help yourself. Healthy coping skills can help us to manage anxiety. Instead of avoidance, we can learn to face the uncomfortable feelings which anxiety causes and gain confidence in dealing with situations.