



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Anxiety





INTRODUCTION

Feelings of anxiety are a normal response when we are faced with threatening or stressful situation, however when these anxious feelings don't subside or exist without any particular reason or cause it can become a more serious problem. A person living with anxiety may experience uncontrollable and exaggerated worry which is ongoing and makes it hard for them to cope with day to day activities and stresses

WHAT IS ANXIETY?

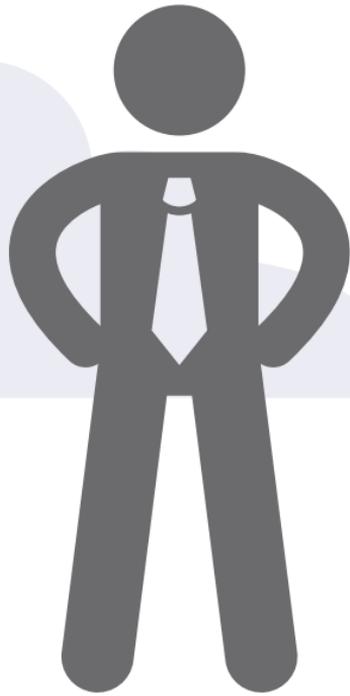
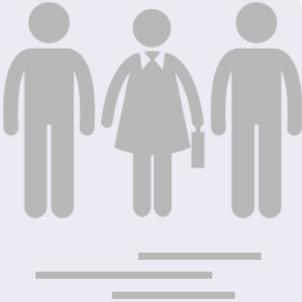
Anxiety is a common mental illness, characterized by:

- Constant worries and fears
- Feelings of nervousness or tension
- Recurring intrusive thoughts or concerns
- Restlessness or irritability
- Physical symptoms such as sweating, trembling, dizziness or rapid heartbeat



ANXIETY IS

NOT a sign of
WEAKNESS or
something to be
ASHAMED OF



- It is Manageable and recovery is possible
- Something that can affect anyone, at any time (regardless of their gender, age, nationality, religion or social status)

SYMPTOMS

Anxiety can affect different people in different ways, including:

THOUGHTS:

⟨I can't **CONTROL MYSELF**⟩,
⟨People are **JUDGING ME**⟩,



FEELINGS:

- Worried
- Nervous
- Panicked
- Overwhelmed
- Fearful



BEHAVIOUR:

- Avoidance
- Obsessive or compulsive behavior
- Difficulty relaxing
- Distress in social situations
- Relying on substances, sedatives and drugs



PHYSICAL:

- Rapid heartbeat
- Hot or cold flushes
- Sweating
- Nausea
- Dizziness
- Muscle pain
- Shortness of breath, trembling
- sleep disturbance,
- Tiredness and/or lack of concentration



THERE ARE SEVERAL TYPES OF ANXIETY INCLUDING:

GENERALISED ANXIETY DISORDER (GAD) - Feeling anxious on most days and worrying about lots of different things.

OBSESSIVE COMPULSIVE DISORDER (OCD) - Carrying out certain behaviors and rituals to manage intrusive thoughts and fears. For example, obsessed with cleanliness, or repeated wudu/ repeated praying.

POST-TRAUMATIC STRESS DISORDER (PTSD) - Can occur after a person experiences a traumatic event. Symptoms can include upsetting dreams or flashbacks and avoidance of anything related to the event.

PANIC DISORDER - Experiencing panic attacks, which are intense and overwhelming feelings of anxiety combined with physical symptoms such as shortness of breath, chest pain and excessive perspiration.

SPECIFIC PHOBIAS - Feeling very fearful about a particular object or situation and possibly going to great lengths to avoid it.

SOCIAL PHOBIA - An intense fear of being criticized, embarrassed or humiliated, even in everyday situations.

Many people with anxiety experience symptoms of more than one type of anxiety disorder, and may experience depression as well.

If you are experiencing any of these symptoms, we encourage you to see your family physician at your respective health center who is ready to support you.

CAUSES/RISK FACTORS

- A traumatic or challenging life event such as unexpected job loss or serious accident
- Continuing physical illness or disabilities
- Prolonged exposure to stress
- Genetic factors/family history or hormonal changes
- Substance addiction

PREVENTION

Everyone can make simple changes to their life to take better care of their mental health and wellbeing, including:

Eating well and keeping active



Maintaining strong relationships with family and friends



Learning ways to maintain a positive attitude



Making time for activities that they enjoy and taking regular breaks



Talking about their anxiety with someone they trust



Learning relaxation or breathing exercises to de-stress



Recognizing early signs of anxiety and seeking help



TREATMENT/ MANAGEMENT

Most people benefit from a combination of interventions including:

LIFESTYLE MODIFICATIONS:

Adopting a healthy lifestyle can help a person to recover from depression. eg: Healthy diet, Regular physical activity



PSYCHOLOGICAL TREATMENT:

Therapies to help people to learn new ways of thinking, practice positive behaviors and take active steps to cope with symptoms. The most commonly prescribed talking therapy for anxiety is Cognitive Behaviour Therapy (CBT).



MEDICATION:

In some cases a family physician may recommend a medication to help a person to manage their anxiety and assist them to engage with the psychological therapies.



HOW CAN YOU HELP SOMEONE WITH ANXIETY?

- Showing that you care by listening to how they are feeling, without making judgments
- Offering emotional support and encouragement
- Encouraging them to seek help from their family physician as soon as possible



HOW CAN YOUR FAMILY PHYSICIAN HELP YOU?

Family physicians in your health center are available to help and support you or if required make a referral to a psychologist or a psychiatrist. Ask for support as soon as possible.





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