



Where can I get help?

If your anxiety is severe, it may be best to talk to your GP or an organisation that can offer support and advice. They will be able to refer you to a Counsellor, Mental Health Worker, or Psychologist to enable you to talk about how you feel, in a confidential setting.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

Other Useful Organisations:

The following organisations are independent of CWP, contact details are provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these organisations

MIND: A Leading mental health organisation
Website: www.mind.org.uk
Info line: 0300 123 3393

BASIC: Supporting people affected by brain or spinal injury
Website: www.basiccharity.org.uk
Helpline: 0870 750 0000 (Mon-Fri 9.30am-5pm)

HEADWAY: The Brain Injury Association
Website: www.headway.org.uk
E-mail: enquiries@headway.org.uk
Tel: 0115 924 0800
Helpline: 0808 8002244

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেসায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ ફંટની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns and compliments** to: Cheshire and Wirral Partnership NHS Foundation Trust, **PALS, Patient and Carer Experience Team**, Trust Headquarters, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see www.cwps.nhs.uk

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Brain injury and anxiety

**Acquired Brain Injury Service
Acorn Suite
1829 Building
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ
Tel: 01244 389252
Fax: 01244 389255**

What is anxiety?

Anxiety is a normal emotion, which we all experience on occasion.

- Anxiety is the feeling we get when our body responds to a frightening or threatening experience e.g. we may feel anxious if we are sitting an exam or waiting to see the dentist.
- Anxiety can affect our thoughts, feelings and behaviour. It is often called the 'fight' or 'flight' response, because the body prepares to either fight danger or run away.
- Some anxiety can be helpful and help you to cope with a situation. Or, it can be an emotion that causes you to panic.
- The adrenalin released by your body means that you are likely to experience physical sensations such as your heart racing, breathing quicker and a tense feeling.
- It is important to remember, especially when feeling anxious, that you are not going to die or go mad. Anxiety is 'normal'

Brain injury and anxiety

Sometimes people with a severe brain injury may seem surprisingly unconcerned by their predicament, especially in the early stages. However, a brain injury can have such a huge impact upon your life: how safe you feel, your role within the family, how far you are able to do the things you did before. So it is understandable that some people begin to feel anxious.

What causes anxiety?

- You may be worrying about your problems or the future
- Stressful life events e.g. loss of job, divorce, financial problems
- Feeling anxious can also be a learned response, picked up early on in life

How to cope with anxiety

Taking action may make you feel more anxious at first. Even thinking about anxiety can make it worse. However, by facing up to anxiety and how it makes you feel, we can learn ways to reduce anxiety.

Relaxation techniques

- Some people can relax listening to music, reading a book, or watching T.V.
- Try slowing your breathing and breathing more deeply for at least 3 minutes.

Exercise

Certain brain chemicals are released during exercise that can enhance your mood

- Try taking a short walk.

Healthy living

- Eat a balanced diet with plenty of fresh vegetables and fruit
- Avoid too much caffeine (in tea and coffee) and try to stop smoking

Complementary therapies

Some complementary therapies to consider:

- Yoga, meditation, aromatherapy, massage, reflexology, Reiki healing

Changing anxious thoughts and behaviours

- Talk to someone you Trust (e.g. partner, friend) for help with specific problems
- Try not to avoid things. Anxiety often reaches a peak, then starts to go away naturally
- Try not to focus just on the bad things or jump to conclusions

Do I suffer from anxiety?

Do you find yourself:

- imagining the worst?
- thinking "I can't cope"?
- becoming snappy, irritable?
- avoiding feared situations?
- getting nervous, worried, panicky?
- feeling unreal, strange, detached?
- sweating, dizzy, heart pounding?
- feeling nauseous, your stomach churning?

If you regularly feel some or all of these things then it is likely you are suffering from anxiety.