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Anxiety

relaxation CD and workbook

An information leaflet for carers

For more information see www.cwp.nhs.uk. © CWP NHS FoundationTrust The information in this leaflet was valid at the date of production November 2014 and is due for review in November 2016 Leaflet code: E-AR-10-384

What is anxiety?

Anxiety is a normal healthy reaction which everyone experiences in their lives.

When we feel anxious an automatic chain of events occurs in the body which prepares it for action. This reaction is called the 'fight or flight' response and dates back to a time when humans had to defend themselves or run away from potential predators such as wild animals.

Today we still have this survival reaction but it is often triggered by more subtle events called stressors. A person may have one stressor or many.

Anxiety can affect people in three ways:

Bodily feelings

- 'butterflies' in the stomach
- heart pounding
- sweating
- fast breathing
- dry mouth

Thoughts

- not being able to think properly
- worry
- finding it hard to remember things

Behaviour

- may want to run away
- feel frozen to the spot
- avoiding places or people

It is important to remember that people react differently. What one person may find extremely stressful, another may not.

How you can help

There are lots of things you can do to help the person you support who is anxious. You will have met a member of the community learning disability team who will advise you on the best way that you can help.

The community team member may have given the person you support a copy of the anxiety workbook and relaxation CD. You can help by assisting the person to use the workbook and CD.

Go through the anxiety workbook together

This workbook explains about anxiety and will help the person you support to identify what makes them feel anxious and what they can do to help themselves to feel better.

Fill in the anxiety diary

The anxiety diary is in the workbook and will help the person you support to identify what makes them anxious. Encourage them to fill this out regularly and help them if necessary.

Relaxation CD

This CD has guided breathing exercises, a muscle relaxation exercise and a guided imagery exercise. Encourage the person you support to listen to this CD if it helps them.

Relaxation techniques

These are the written scripts of the relaxation exercises on the CD. You can read these out loud and help the person you support to learn the breathing and muscle relaxation techniques.

Further information

For more information and advice please contact:

.....on 0151 488 8100

Ashton House, 26 Village Road, Oxton, Wirral CH43 5SR