

## What should you do if you would like support?

If you feel that you need support in coping with anxiety, please talk to your health care team, or your GP. Your GP can often help you to make a decision about whether support with your anxiety might be helpful, and can offer advice about the best service to meet your needs.

Remember to talk to your doctor or health care team about any concerns regarding your illness or treatment. This is particularly important if not having the right information about your health, treatment or what you can and can't do, is playing a role in you feeling worried.

If you are experiencing any financial concerns, you can contact your local Citizens Advice Bureau for assistance.

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# Anxiety and Physical Health Conditions

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Na żądanie ta ulotka może zostać udostępniona  
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## What is anxiety?

Anxiety is a **common** reaction to stressful events or situations – this can include changes to health. It often occurs if people feel unsafe or under threat in some way.

## Symptoms of anxiety

How you may think	Physical symptoms	What you may do
Racing thoughts	A rapid heartbeat	Asking people for reassurance
Thinking the worst	Shortness of breath	Keeping near to home
Anticipating that something dreadful might happen	Tingling in hands or feet	Avoidance of things that link with anxiety
	Sweating	Dwelling on worrying thoughts
	Dizziness	
	An upset stomach	

Anxiety can affect people in different ways. For example: Physical symptoms can be frightening for people who are living with a health condition. This is because they may overlap with the symptoms of their condition. People might then worry more about their physical health. This can then become a vicious cycle.



## Physical health conditions and anxiety

Living with a health condition is one of many things that can trigger anxiety. This can be due to things such as:

- The degree of changes or adjustments that people have had to make to their life.
- Uncertainty (not always having answers) regarding health.
- Time away from education or employment, having financial worries or feeling concerned about how others may be coping.

## Managing anxiety

Some ways to overcome anxiety include:

- Having some awareness of the symptoms of anxiety. This can help to prevent a vicious cycle from happening or continuing.
- Relaxation techniques can stop symptoms from getting worse.
- Try putting the focus of your attention into what you are doing in the here and now.
- Recognise when you are avoiding things. Set yourself small goals to work towards, on the way to tackling your fears.
- Make sure you have time for things that you enjoy - plan pleasurable activities.
- Be aware that using substances such as alcohol can make anxiety worse in the long-term.
- Maintain healthy behaviours. Eat well, get enough sleep, and exercise where possible.
- Consider speaking to someone you trust. They may be able to help you to think things through.