



ANXIETY



DEFINITION: *Anxiety is an unpleasant state that involves a complex combination of emotions that include fear, apprehension and worry. It is often accompanied by physical sensations such as heart palpitations, nausea, chest pain, shortness of breath, or tension headache.*

Anxiousness is a normal, healthy emotion that everyone experiences from time to time. Stomach butterflies before a date, tension when you're getting into trouble, heart pounding when you're in danger. Anxiety gears you up to face threatening situations—in general, it helps you cope.

But if you are one of the 1 in 12 people that suffer from anxiety disorders, anxiety can become persistent and severe, and can create serious difficulties. It goes from feeling tense or worried to emotions that interfere markedly with a person's capacity to go about their daily lives. Anxiety usually begins in early childhood (teenage years) and if untreated can lead to depression, alcohol or substance abuse in later life.

Anxiety disorders are the most common of all mental disorders. Different kinds of anxiety are:

General Anxiety Disorders (GAD): An extreme form of worry. People with GAD tend to worry excessively about everyday things, such as their work, finances and family.

Specific Phobias: People with phobias are extremely afraid of a limited number of things or situations, such as spiders, snakes, heights, enclosed spaces or flying. They may take extreme precautions to avoid the situation that they fear, or to escape from it. These 'precautions' may interfere with ordinary life; for example a person may be unable to travel.

Social Anxiety: Social anxieties render people fearful of social situations such as attending parties, public speaking, job interviews and exams. They often feel that other people are looking at them, judging them or sizing them up. They often dislike eating, drinking or writing in front of others and hate being the centre of attention.

Panic Attack: A brief episode of extreme fear accompanied by intense physical sensations like shortness of breath; dizziness or faintness; increased heart rate or heart palpitations; trembling or shaking; nausea or stomach 'butterflies'; numbness or tingling; surreal feelings about their surroundings. Symptoms often appear suddenly and without warning and the unpredictability of the attacks and what the symptoms may mean, can scare the sufferer. They worry about going crazy, losing control of their actions, or dying, which in turn can actually increase the severity of their condition.

Agoraphobia: A form of anxiety where people fear being alone in a range of places or situations. It often entails fear of being outside alone; being in a crowd or standing in line; being on a bridge; travelling on public transport or in a car. It has known to be confused with specific phobia or social

phobia and often occurs along with panic attacks.

Obsessive-Compulsive Disorder (OCD): Is characterised by the presence of either obsessions or compulsions. Obsessions are distressing, unwanted thoughts, images or urges that enter a persons mind against their will. Compulsions are repetitive acts the person feels compelled to do. They may be physical acts, like washing hands or checking the door is locked, or mental acts, like counting.

Post-Traumatic Stress Disorder: Can develop after a severe trauma, such as a robbery, assault, major car accidents, or natural disasters. Recurrent thoughts or dreams about the traumatic event can be experienced and people affected tend to become very distressed when they are exposed to reminders of the event. They often avoid objects, people and places associated with the trauma and may show signs of increased physical disturbances, such as insomnia.

Whichever type of anxiety is suffered, its life altering symptoms hinder people from living their lives. Anxiety disorders are illnesses that are extremely hard to deal with, but the good news is, they can be treated.

If you feel that you are suffering from an anxiety disorder, or think you know someone who is, it is important to find treatment before it gets out of hand. Overleaf are some treatment options and some ways you can help yourself or someone you know.



JEMMA TAYLOR
Acupuncturist
Bachelor of Health Science
Acupuncture

Specialty: Chinese Acupuncture, Chinese Herbs
Availability: Tuesdays, Thursdays, every second Saturday
Interests: Yoga, Jig-Saw Puzzles, Nature Pursuits, Happiness



JEREMY SYME
Remedial Therapist
Dip. Remedial Massage
A.N.T.A

Specialty: Deep Tissue, Trigger Point Therapy & Rehabilitation
Availability: Monday, Tuesday, Wednesday, Friday
Interests: Music, Camping, Cooking, Surfing, Festivals



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ANXIETY – TREATMENT OPTIONS



Confidence: One of the most important things that factor into the treatment of anxiety is self-esteem. To have a strong sense of self-esteem is to have confidence in yourself and your surroundings. Love yourself, be able to laugh at yourself and let go of your frustrations. Learn to accept your faults as no-one is perfect. By opening up and talking to someone about your fears, you are taking the first step to admitting there is a problem. By opening up and allowing someone to help you, you are taking your first step to recovery.

Relaxation: By adding relaxation rituals into your daily routine, you will slowly help yourself learn how to be a calmer more 'together' person, and teach yourself how to relax when you feel an attack coming on. When a person is anxious, their body becomes tense—when they practice relaxation techniques like meditation, breathing exercises or lighting candles and taking a hot bath, their body does the opposite and relaxes. The heart rate decreases, and the ability to deal with present situations becomes easier.

Breathing Exercises: Deep diaphragmatic techniques such as 'Calm Breathing' should be practiced 10 times a day during everyday activities so that when you begin to feel anxious or panicky, you will be familiar and comfortable with the process.

1. Take a long, slow breath in through your nose, first

2. filling your upper lungs then your lower lungs.
2. Hold your breath to the count of "three".
3. Exhale slowly through pursed lips, while you relax the muscles in your face, jaw and stomach.

Massage: Massage is one of the oldest healing techniques used to help us overcome psychological and physical health problems. It causes the body to release many therapeutic mood and health enhancing chemicals. By increasing dopamine and serotonin levels in the body, massage can be used to reduce stress and anxiety and help to manage depression.

Acupuncture: Is a very effective way of getting people into a deep state of relaxation in a short amount a time. By balancing the body, acupuncture helps by promoting a sense of general well being and can correct mental and emotional imbalances and help you to deal with long-term issues of anxiety disorders.

See Someone: There are a number of different health care professionals that can help you beat anxiety disorders. There are people out there more than willing to help you—all you have to do is let them. Start by talking to your GP. They will know someone appropriate who you can talk to.



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Jemma Taylor -

OUR NEW CHINESE ACUPUNCTURIST

Jemma has been involved in Natural Therapies including Herbal Medicine and Nutrition for over 15 years. She is a qualified and experienced Traditional Chinese Medical Practitioner utilising the skills of Acupuncture, Cupping, Moxibustion, Gua Sha, Chinese and Western Herbs, Exercise Therapy & Nutrition in her practice. Jemma is an active member of the Australian Acupuncture & Chinese Medicine Association.

She has also completed a Level 8 Internship at the Guangxi Traditional Chinese Medical University in Nanning, China, working, observing and learning alongside noted and respected doctors and professors within the Chinese hospital system. Since 2003 Jemma has been a qualified A-NADA Protocol Practitioner, which specializes in auricular (ear) acupuncture to treat a wide range of acute and chronic health disorders, as well as supervising the public clinic on campus.

Jemma will be available to take appointments on Tuesday's, Thursday's and every second Saturday. We wish her a warm welcome to our team at Assiram.



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