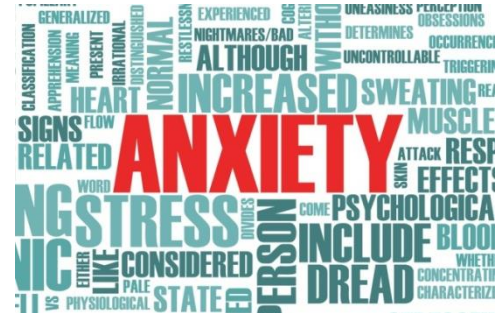


Session Summary: Managing anxiety

Understanding Anxiety

Some level of anxiety is normal and necessary for our survival. When the brain senses a possible threat, the fight-flight-freeze system causes noticeable changes in our bodies which prepare us to act.



However, sometimes people can experience levels of stress or anxiety that are unhelpful. As many as 1 in 6 people are expected to experience significant anxiety at some point in their lives.

Following a major trauma, it is expected that most people feel anxious as a result of experiencing a significant life event. It is a normal reaction, and there are ways of managing this through the recovery process.

How to Manage Anxiety?

First, it is important to notice signs of anxiety in your body, so you can better understand what is happening and manage these with healthy strategies.

Common physical changes include:

Increased heart
rate

Quicker and
shallower breaths

Sweating

Muscle tension

A feeling of sinking
or butterflies in the
stomach.

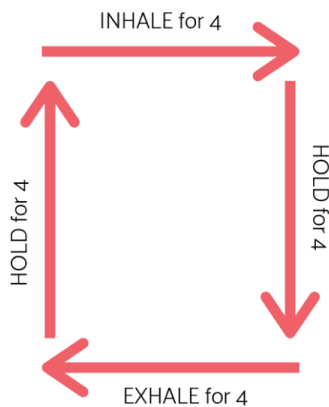
Top-Tips to Manage Anxiety

It is important to have a healthy daily routine as this will impact on your anxiety levels.

Check your current routines

- Are you getting enough sleep?
- Are you regularly eating healthy food?
- Are you drinking too much caffeine?
- Are you seeking support or social contact?

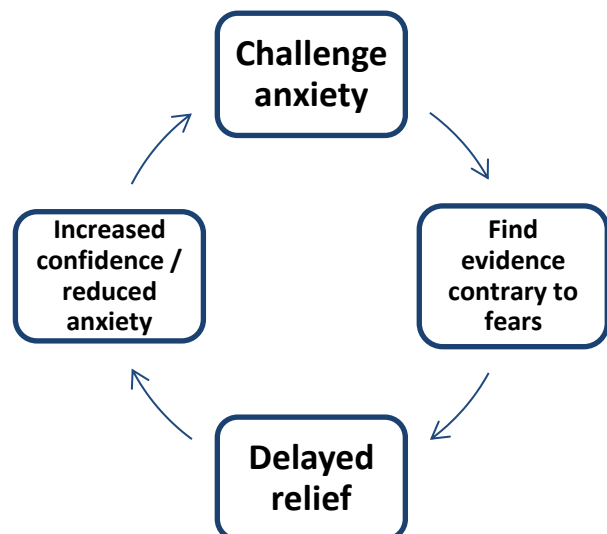
Box Breathing



Also try using breathing and mindfulness (next week's topic).

If appropriate, facing your fears in a safe and controlled way can be beneficial in the long term.

By sticking with it, anxiety tends to decrease over time. Studies have shown that controlled and consistent exposure to a feared situation leads to quicker reduction in fear over time.



Goals

Goal-setting is essential to achieving positive outcomes in rehabilitation – we suggest that you make your goals “SMART”:

Specific

- Make it clear what you wish to work on

Measurable

- Work out a way of quantifying your success

Achievable

- Your goal should be something you can plan to achieve

Realistic

- Practical in a way that can be attained in real life

Time-Bound

- Helps to make the goal more focussed

My Goal:

Choosing a goal can help you to develop a clear, achievable plan to work towards managing frustration. You may wish to write your goal here;

If you have any questions about the Major Trauma Wellbeing Group please contact:

Dr Ernest Wagner, Clinical Psychologist

North of Scotland Major Trauma Network (Community) Department of Neuropsychology

Tel: 01224 559352 Email: gram.wbgroup@nhs.scot