

Longer term solutions

You can:

- ◇ self refer to see the student mental health advisor (link)
- ◇ contact your GP and explain your situation. He or she may well refer you to the primary care team who offer CBT type self help interventions for anxiety
- ◇ make an appointment to see one of the university counsellors.
- ◇ keep a look out for related workshops on the student support service mental health website.
- ◇ take physical exercise
- ◇ try meditation
- ◇ try yoga
- ◇ make sure you get a good diet
- ◇ watch your alcohol intake

Contacts

Centre for Clinical Interventions

www.cci.health.wa.gov.au

National Helpline – 0808 808 0545

Supports sufferers of panic attacks, phobias and other anxiety disorders, including tranquillizer withdrawal.

MIND.

www.mind.org.uk/Information/Factsheets/#Students

Sue Crookall

Student Mental Health Adviser
B115 Furness College

Telephone: 01524 594512

<http://www.lancs.ac.uk/student-services/>

email: s.crookall@lancaster.ac.uk

STUDENT SERVICES
MENTAL HEALTH



Anxiety

and

Generalised

Anxiety

Disorder (GAD)

www.lancs.ac.uk/student-services/

Who is affected by anxiety?

Most of us experience feelings of nervousness or worry throughout our lives and it is thought that 1 in 10 people will suffer significant generalised anxiety at some point in their lives. So remember, you are not alone.

What is generalised anxiety?

Feeling afraid is part of the experience of being human. Fear is a survival instinct when felt in response to a realistically dangerous situation. When we are afraid our bodies go through a series of changes that serve to protect us. It can be a useful response when, for example, facing a job interview or if competing in a sports event.

Anxiety only becomes a problem when it is out of proportion to the situation and it interferes with the quality of your life. This is when it becomes generalised anxiety disorder. GAD is often experienced as an inability to cope with past, present and future events. If left untreated GAD is closely associated with the development of depression.

Common experiences of generalised anxiety disorder.

- ◇ Chronic worries going round and round in your head—no peace of mind
- ◇ Feelings of being out of control
- ◇ Intrusive thoughts that won't go away
- ◇ Hating uncertainty
- ◇ Feeling restless –unable to relax
- ◇ Being physically tense
- ◇ Disturbed sleep because of constant worrying thoughts
- ◇ Difficulties in concentrating
- ◇ Procrastination about getting things done—putting something off because it seems overwhelming
- ◇ Avoidance of situations in which you worry or become nervous.
- ◇ The anxiety is spread across many areas of your life

The causes of GAD

The exact causes of GAD are unclear but it is likely to be a combination of biological vulnerability and environmental influences that contribute to its development

Getting Support

People with GAD frequently do not seek treatment because they feel embarrassed to be seen as someone who cannot cope. They may also believe that they have always been this way and that they just have to live with it. However, there are ways to cope with GAD and to learn to break the worry habit

- ◇ Learn to recognise when you are becoming anxious before the feelings take over.
- ◇ Acknowledge that you may need help. Don't put it off - find support!