



### Managing Anxiety

Anxiety is a feeling of unease, some people would describe it as feeling worried or scared. Anxiety can be mild or severe.

We all feel anxious, it is a normal part of human existence to help us manage dangers and keep ourselves safe. Normally when we feel anxious, it is in response to something (a trigger) that our body says we need to be aware of and take action to keep ourselves safe.

Usually the feeling of anxiety passes when the trigger is gone or we have been able to think or do something.

Anxiety can cause physical symptoms like make our heart race, we might feel sweaty, shaky or short of breath. Anxiety can also cause changes in our behaviour, such as becoming overly careful or avoiding things that trigger anxiety.

When anxiety becomes a problem, our worries can be out of proportion with relatively harmless situations. Some people will say they feel anxious all the time but don't know why anymore.

It can feel intense and overwhelming, and when we can't manage it anxiety can interfere with our everyday lives and relationships.

Below you will find some information about anxiety and some techniques you may want to try to help you manage your anxiety.

## **What is Progressive Muscle Relaxation?**

Progressive muscle relaxation (PMR) is a deep relaxation technique that has been effectively used to control stress and anxiety, relieve insomnia, and reduce symptoms of certain types of chronic pain.

## **Why try progressive muscle relaxation?**

Progressive relaxation has a variety of benefits, including the development of a feeling of well-being, lowered blood pressure, decreased muscle tension, thereby reducing the body's need for oxygen and reducing fatigue and anxiety.

**Here is a guided Progressive Muscle Relaxation video. Give it a try and see the positive impact it has**

<https://www.youtube.com/watch?v=1nZEdqcGVzo>

Video Reference

**Therapist Aid. (2014) How to do Progressive Muscle Relaxation. [Online video]**  
**Available from: <https://www.youtube.com/watch?v=1nZEdqcGVzo>. [07/04/2020].**

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