

# Understanding Anxiety

## What is anxiety?

**Anxiety** is an uncomfortable feeling of worry which keeps us safe in dangerous situations.



It can make you feel like you have too many thoughts in your mind.

## Why am I anxious?

Sometimes we feel anxious even though we are safe from danger.

**As a refugee or asylum seeker, anxious feelings might be caused by:**

- being in a new environment
- having to leave your home
- being separated from family and friends

## What can it feel like?

feeling dizzy

dry mouth

knots in stomach

shaking



increased heart rate

sweating

needing the toilet more

## How can I ease anxiety?

**You can reduce feelings of anxiety by:**

Talking to someone about the way you are feeling

Writing down your worries



Doing grounding activities when you feel this way



## Getting support

**If you are feeling anxious, you can find support here:**

**Mental health services in Sussex:** [e-wellbeing.co.uk/services](https://e-wellbeing.co.uk/services)

**For more info on anxiety:** [e-wellbeing.co.uk/modules/anxiety](https://e-wellbeing.co.uk/modules/anxiety) (ages 13-25)

You can also find medical information and advice on the [NHS website](https://www.nhs.uk)

