



# WHAT IS ANXIETY?

Parts of our brain look out for dangers, and when they detect them they put our bodies on alert. This is very healthy and moves us into the 'Fight', 'Flight' or 'Freeze' responses to help us survive.

Sometimes our brains and bodies get stuck in these patterns, or detect danger when there is none. This can cause our natural responses to become overwhelming and unhelpful.

**You may notice some of these signs:**



**PHYSICAL:** Digestion problems and eating issues; muscle tension; headaches; nausea; heartrate increases; sweating; dizziness; and shallow breathing.

**EMOTIONAL:** Stress; irritability; overwhelm; depression and low mood; feeling afraid or on 'high alert'; difficulty coping; thoughts can be repetitive, distressing, overly stuck in worries and fears.



**SOCIAL:** Difficulty speaking to people; wanting to avoid people or places; fears of what other people might think of you.

Using breathwork and grounding exercises can help reset the nervous system in the short term, while counselling helps us to address the underlying causes and create permanent change.



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