

ANXIETY and PHOBIAS



HELP IS HERE!

FREE INITIAL CONSULTATION AND ADVICE

HYPNOTHERAPY, EMDR, NLP and OCCUPATIONAL THERAPY

What are the symptoms of anxiety?

Physical symptoms

- diarrhoea
- difficulty swallowing
- dizziness
- dry mouth
- frequent urination
- rapid heartbeat or palpitations
- shortness of breath
- sweating
- tightness or pain in chest

Psychological symptoms

- fear of 'going mad'
- feeling unreal and out of control (depersonalisation)
- inability to concentrate
- insomnia
- irritability or anger
- excess worrying
- apprehension

Anxiety is something we all experience on occasion, for example, before exams or interviews. Temporary anxiety can be useful in response to a genuine threat or stressor - feeling nervous before an exam can make you more alert, and enhance performance. However, if anxiety is overwhelming, your performance may suffer. Some people seem naturally more anxiety prone, with more difficulty switching off the symptoms of stress, and the thoughts which perpetuate anxiety. For many people, anxiety can be distressing and disabling.

Fight, flight or freeze?

Anxiety and fear are survival mechanisms to protect us against danger. They trigger a physiological response whereby our senses are heightened and our brain becomes more alert. This enables us to protect ourselves from danger, by running away or fighting (the alternative is to freeze, and be unable to do anything). However, your body reacts in exactly the same way to situations you find threatening or anxiety provoking, but which aren't dealt with appropriately by fight or flight, such as a job interview, date, or medical procedure.

Panic attacks are an abrupt onset of intense fear and extreme anxiety, where the person feels they are losing control. It is a frightening (though not harmful) experience, and can lead to avoidant behaviour, where the person avoids situations which seem to trigger it. This can lead to the development of agoraphobia.

Generalised anxiety disorder is a kind of 'free-floating', constant anxiety, which may be worse in certain situations, but which is often about fear of harm occurring to oneself or loved ones, and due to anticipating bad things happening in future.

Why do people get phobias?

Some phobias are clearly related to a specific incident, for example, developing a driving phobia after a traffic accident. However, with some phobias, the fear may be misattributed – for example, a child hears her parents fighting after a party, feels frightened, and links the fear with some balloons hanging from the ceiling. The association between balloons and the experience of anxiety develops into a phobia of them. This may become more generalised, for example, fear of balloons popping, or of loud noises in general. **It may lead to avoidance of the object of fear or situations associated with them, thus restricting the person's life.**

What are the symptoms of agoraphobia?

Agoraphobia is a more generalised phobia, where the person fears leaving their physical comfort zone. Typically, they fear having a panic attack somewhere they perceive there is no escape. Some people avoid crowded shops, while others are effectively trapped in their homes. It is hard for people with agoraphobia to leave their safety zone without extreme anxiety and often, panic. **Their world gradually becomes smaller as they avoid situations which may cause them anxiety.**

How can hypnotherapy/EMDR help?

Hypnotherapy involves gently guiding you down into an extremely relaxed and receptive state, counteracting the 'negative trance' of anxiety. While you are relaxed, we identify the underlying cause of your anxiety and anything perpetuating it, replacing it with positive suggestions, more confidence and serenity, and enhanced coping strategies. **People with anxiety are often especially good hypnotic subjects, as it is a relief for them to switch off!**

EMDR is an invaluable therapy where an anxiety state is traumatic in origin. By enabling you to process the feelings and events which caused the anxiety to develop, it allows you to replace negative thoughts and feelings with more positive ones.

This is possible even if you do not remember how the phobia or anxiety started.

Why choose to work with Mindscape Therapies?

I'm Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues, specialising in emotional wellbeing and mental health.** I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.

I work to NCH, AHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

I am passionate about what I do, and it's my privilege to support you to achieve your goals and dreams.

Please contact me for a **FREE** initial consultation, information or advice.

Competitive rates.

07810 510170

kate@mindscapetherapies.co.uk

www.mindscapetherapies.co.uk