



Anxiety and how MyCoach can help you

Anxiety is a condition that can rob us of the present moment and negatively affect every aspect of our life. It can make us feel like we're paralysed or in immense danger when we are not. You may have lived with it for most of your life or you may have experienced something recently that has brought it on.

Anxiety can cause excessive worrying and focusing on "worst cast scenarios". You may be avoiding certain situations to avoid feeling worried or frightened. An anxious mind is always racing and you may feel you just can't catch a break.

How anxiety may be affecting you

- Feeling physical symptoms such as heart palpitations, chest pain, trembling, nausea, and panic attacks.
- Having difficulties with concentrating, memory and problem solving.
- Avoiding certain activities like social situations or work events.
- Having trouble with energy levels, sleeping and eating.
- Experiencing shaking or sweating in intimidating situations.
- Feeling irritable or agitated regularly.
- Worrying about things way off in the future.
- Noticing your communication with colleagues or family members is short.
- Having excessive fears about natural disasters, sicknesses or large-scale accidents.

What you may work on together with a MyCoach clinician

- Learning ways of managing the physical symptoms of anxiety with breathing techniques, lifestyle changes and emotional regulation.
- Exploring how your eating, sleeping and working habits could be modified to help you feel less anxious.
- Learning practical techniques to help you be grounded and less impacted by anxious thoughts and worries.
- Learning awareness into your thoughts and behaviours and how to change these to manage anxiety.
- Learning how to incorporate self-care into your routine.
- Learning about mindfulness and practicing effective mindfulness techniques such as guided meditation, breathing techniques and self-soothing techniques.
- Planning and maintaining an anxiety reduction schedule that fits with your lifestyle and personal goals.

Positive outcomes from addressing anxiety through MyCoach counselling

- Start to enjoy the present moment instead of worrying.
- about the past or anticipating the future.
- Be more focused and productive.
- Be able to freely go wherever you want to go or be involved with activities again you've once loved.
- Feel in control of your life instead of your anxiety in control of you.
- Feel calmer and relaxed.
- Resolve and heal from past traumas or major life events.
- Feel more comfortable and confident in social situations.
- Experience improved communication.
- Have more positive and lively relationships.
- Feel hopeful and at peace about your future.

Please call us to book your first appointment with a MyCoach clinician. Support is available face-to-face or by telephone or video call.