



Liz Whiteley  
Counselling & Psychotherapy



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ACCESSIBLE THERAPY FOR ALL  
SPECIALISE IN

- DISABILITY
- TRAUMA
- PRE-TRIAL THERAPY

OFFERING ONLINE THERAPY

LIZ WHITELEY  
COUNSELLING &  
PSYCHOTHERAPY

**May Newsletter!**



According to the organisation Mind, 1 in 4 people will experience a mental health problem of some kind each year in England. 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England. But yet, sadly, there is still a lack of awareness and understanding of such disorders.

According to the NHS, Generalised Anxiety Disorders (GAD) affects 5% of the UK. People misinterpret anxiety as shyness or a lack of confidence, but in fact anxiety can disabled a lot of individuals. although it is true that anxiety is a natural response to protect us, and a bit of anxiety is normal, if people feel it is effecting their normal daily tasks and it is occurring for unknown reasons, then it would be advisable to seek help.

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**Here are some MYTHS that are associated with anxiety.  
which ones have you heard I wonder?**

## Anxiety myth 1

**Anxiety can cause fainting**

**False**

**Often people feel faint during an anxiety  
Attack, but it is unlikely they will  
As fainting is caused by a drop  
In blood pressure  
Whereas the activation of the  
Sympathetic nervous system  
Increase blood pressure which can  
Dizziness but not fainting**



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## Anxiety myth 2

**You can tell when someone has anxiety**

**False**

**There are such a vast array of anxiety  
Symptoms and although most can disable  
People in their daily lives, often  
They are not visible to others.  
This can then lead to those suffering being  
Misunderstood and  
Unheard.**



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## Anxiety myth 3

**Anxiety causes long term physical**

**Damage**

**False**

**Anxiety can have intense physical symptoms such as  
heart palpitations, rapid breathing,  
Numbness or tingles in hands and feet  
As well as tightness in the chest area  
But this will fade. Research shows that most  
anxiety attacks last about 20-30 minutes before  
physical symptoms begin to fade**

(It's always advisable to get any extreme symptoms  
Checked out by a medical professional to rule out other causes)



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## Anxiety myth 4


**Anxiety isn't a real issue, everyone gets it  
From time to time.**

**False**

**Although feelings of worry, fear and  
Nervousness is a very normal experiences  
For people. When they are persistent (last  
More than six months) and effect  
your daily life. That's when it could be an anxiety  
Disorder, anxiety disorders  
include Generalized Anxiety Disorder (GAD),  
Panic Disorder,  
Social Phobia/Social Anxiety Disorder (SAD),  
Obsessive-Compulsive Disorder (OCD),  
and Post-Traumatic Stress Disorder (PTSD).**



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**Anxiety Myth 5**  
Anxiety will go away eventually if you  
Try and ignore it  
**False**  
Individuals with anxiety disorders can have periods where  
their anxiety is calm, and periods when it is severe  
But most anxiety disorders are chronic and will not go away  
by ignoring it.  
The feelings around anxiety can be linked to Personality traits  
And behaviours. Without addressing these, symptoms will  
Be hard to ease, leaving a risk of maladaptive  
Behaviours to self soothe.  
  
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## Tools to help with anxiety

Anxiety can stem from our desire to control our future. By building scenarios in our mind of what could happen, whether these are created from our imagination or from past experience, we often build ideas (usually negative) about what could happen next.

I often talk to clients about using grounding techniques to stay in the 'Present', which can often ease the anxiety they experience.

Some of these techniques include

- 5-  
4-  
3-  
2-  
1  
technique  
-  
using  
all  
your  
senses,  
look  
for  
5  
things  
you  
can  
**see**,  
4  
things  
you  
can  
**hear**,  
3  
things  
you  
can

**feel,**  
2  
things  
you  
can  
**smell**  
and  
1  
thing  
you  
can  
**taste**

This technique is good for grounding yourself in the present environment

- **left  
foot  
technique**

-  
if  
you  
are  
in  
a  
situation  
or  
conversation  
that  
you  
know  
may  
trigger  
your  
anxiety,  
try  
splitting  
your  
concentration,  
**90%**  
on  
the  
task  
in  
hand  
but  
**10%**  
on  
your  
left  
foot.  
If

you  
feel  
your  
body  
reacting  
shift  
your  
attention  
to  
more  
on  
your  
left  
foot.  
For  
example,  
60%  
on  
your  
left  
foot  
and  
40%  
on  
the  
task.  
Once  
you  
can  
feel  
your  
body  
relaxing,  
then  
go  
back  
to  
90%  
focus.

This technique is great for keeping your body regulated and staying 'Present' with your system. (it must be your left foot as this works with your right side of your brain)

- **Pressure grounding technique**

- place your palms

together,  
similar  
to  
praying  
and  
then  
push  
together.  
You  
can  
feel  
the  
muscles  
up  
your  
arms  
work  
hard.  
this  
can  
also  
be  
done  
by  
placing  
the  
flats  
of  
your  
hands  
on  
the  
tops  
of  
your  
thighs  
whilst  
sitting  
and  
pressing  
down.

These work well for people that are feeling disconnected from their body. (But if you struggle with touch, this may not be good for you)

**If you would like more techniques, please get in touch at  
[liz@lizwhiteleycounselling.com](mailto:liz@lizwhiteleycounselling.com)**

**Kind regards,**

Your Team at Company Name



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