



TALKTOABLOKE
COUNSELLING FOR MEN BY MEN

FEELING ANXIOUS?

Anxiety can present itself in a variety of ways. Perhaps you are feeling irritable, tense, or lacking control. Physically, you can experience anxiety through shortness of breath, feeling jittery, aches and tension or an increase in your heart rate. Extreme versions can include panic attacks which can be debilitating. Many men react to anxiety by drinking alcohol or taking other drugs, others get angry and others withdraw. Whatever way anxiety presents itself in your life, there are things that can help. It is really important to take anxiety seriously, it can and does lead to a host of health issues.

WHAT TO DO?

1: Seek professional advice. The reasons for anxiety are almost endless, it really is valuable to talk it through. See your counsellor, your doctor or a psychologist for help.

2: Talk with friends. The basic process of talking to someone about what is happening can be a "mini-therapy" session just when you need it.

3: Be curious about the cause. Be your own investigator and try to uncover the underlying cause of your anxiety. A professional can really help here but there are also plenty of online resources that can help you dig into some common causes. Try the Holmes-Rahe life stress inventory scale as one. Sometimes we don't fully appreciate how many things are affecting us until it is put in our faces. For me, things like caffeine actually make me feel anxious if I have too much. Are there physical things contributing to your situation, alcohol, caffeine, chemical things?

4: Turn left. By this I mean, make a change right now. Do some exercise, leave the area, get outside, meditate, crank up the music, do some breathwork.

5: Focus on some realistic options. Are you able to change what is happening? If you can't then let's look at how YOU react, are you able to accept this (not asking you to like it....but to accept it) and continue forward? Look up ACT resources for this one, perhaps Google Russ Harris who has some great ideas, and as always...

Don't do it alone! Regards
Evan