

Phobias and Anxieties

*by Bethan Lilley (phobia)
and Alice Matthews
(anxiety)*

This will not be boring. No no no no don't leave this report, carry on reading it or else... This fabulous, amazing, unbelievably mind-blowing report will educate your pea sized brain...well at least ours! It's about phobias and anxieties but you'll probably already know this as you've read the title!

What is a phobia?

What is a phobia you may ask? Well I will tell you what a phobia is to many people. I have searched far and wide for an answer and in return I got very similar responses. A random person named Alice said it was 'A fear of a particular thing in a situation' and another random person called Izzy said 'A phobia. A phobia is when you're scared of something'. These are all correct in their own ways. To compare these quotes to something else let's use google. Google said 'noun – an extreme or irrational fear or aversion to something'. Phobias can be something you're scared off or something you don't mind but happen to faint all of a sudden and you can't even help it!

What triggers your phobia?

There are many ways to trigger a phobia like hearing about an injection if you have a phobia of needles or seeing something sharp like a big knife if it's a phobia of sharp things.

What are the treatments?

You can use something to take your mind of it like a stress reliever or sitting with someone who is close to you. Many people have a phobia of needles and they sometimes read to take

there mind of it or have positive thoughts!

What is an anxiety? Anxiety is an unpleasant state of mind. It can include. Very often, people with anxiety also feel worried. Some people suffer a large amount anxiety over a long period of time which controls them and makes their lives difficult. These conditions are called disorders can be treated but, for the most part, not cured.

How does anxiety affect

those who have it? Anxiety can lead to unhealthy choices with comfort eating or binge. However specific branches of anxiety like anxiety attacks affect people by things like; sweating, shaking and tremors, hyperventilating, racing heart beat, tingling in hands and feet, feeling you are having a heart attack. There are more, but these are the usual ones.

What are the triggers and

causes? Once anxiety is triggered it causes our mind and body to speed up to prepare us to respond to an emergency. The main trigger for anxiety is stress. Whether it is stress from work, financial issues or a relationship, everybody has/are/will be impacted by it in their lives. Anxiety can be hereditary, there

fore it can be passed down through generations.

Are there any treatments for

anxiety? The stress response is designed to keep us safe from harm. Meaning, anxiety can't be cured, because stress can't be cured. Although there are still ways (medical and therapeutic) to prevent or reduce the effect of anxiety on daily life. The first line of medicine is usually drug-based medication, for example antidepressants, anti-anxiety tablets and beta blockers (used to reduce blood pressure) can be very effective. However non-drug therapies are becoming more and more popular like: self-hypnosis,,, counselling or acupuncture. These are therapies to help you 'manage' or 'cope' with your anxiety or anxiety attacks.

What is the main type of anx-

xiety? The main type of anxiety is general anxiety disorder, where the victim is constantly worried or fearful about daily situations. When this continuous state of anxiety starts to interfere with their social, family or work life, and prevents them functioning in a normal way, they are diagnosed with General Anxiety Disorder (GAD).

