

Identifying Anxiety Triggers

As discussed above, anxiety can be triggered by different things. The triggers can vary from person to person.

It is important to identify what triggers your anxiety as once you know what makes you feel anxious, you can start to take steps to tackle that anxiety and manage difficult situations.

Start by thinking about what happens to your mind and body when you are anxious. For example, do you feel afraid? Do you find it hard to concentrate? Do you find it hard to keep still? Do you feel your heart beating faster? Do you shake?

Make a list of the things that happen when you feel anxious. For example:

When I feel anxious.....

- I find it hard to sleep
- My hands shake
- I don't want to eat
- I feel like something bad will happen to me

Now think about when you feel like this. Is it in particular situations, such as in crowded places? Is it when you have to speak to someone you don't know?

It might help to keep a diary of when you feel anxious. The headings you could use are:

Time and Date	Situation <i>(What is happening around me, where am I?)</i>	How do I feel in my mind?	How do I feel physically?	How bad is my anxiety? <i>(mark out of 10 with 1 being hardly anxious at all and 10 being severely anxious)</i>
Example: 10am, Monday 18 th Feb	I had to see my doctor and the waiting room was really crowded and noisy	I feel frightened and like people are laughing at me	I am shaking and my legs feel wobbly	6 out of 10