



Anxiety Around COVID-19

What is anxiety?

Anxiety is something we all experience at times. It is a feeling that occurs when we are faced with a situation that we perceive as threatening. Anxiety triggers our 'fight or flight' response which results in a number of changes in our body that help to keep us safe. However, in the absence of real danger, we can sometimes experience symptoms that can be unhelpful. Some people find these symptoms to be uncomfortable or distressing, therefore it can be useful to develop ways of managing this anxiety response. For further information, Occupational Health's 'Managing Anxiety Around COVID-19' poster includes some suggestions on coping with anxiety during the pandemic.

Symptoms of anxiety:

Symptoms of anxiety vary from person to person. You may experience one or several of the following:

- Increased heart rate
- Excessive sweating
- Dizziness
- Breathlessness
- Inability to concentrate or make decisions
- Tiredness / sleeping difficulties
- Headaches
- Restlessness / irritability
- Shaking
- Feeling a sense of dread
- Stomach aches / nausea
- Avoiding situations

Anxiety around COVID-19

A novel situation which is not uncommon for people to feel anxious about is COVID-19. Some people may experience anxiety and fear around the uncertainty of the pandemic, and how it could affect them and their loved ones.

Why am I still experiencing anxiety following recovery?

After recovering from COVID-19, we might expect ourselves to leave anxiety around the illness behind. People may say "you can relax now that you have recovered".

However, contracting COVID-19 can be a scary experience. Therefore, fear and anxiety are normal responses. If you are concerned about how you are feeling, consider speaking to your GP to find out what options are available to you for support.

