

# Is Your Anxiety a Problem?

I used to love going to [redacted] and I don't look forward to it anymore. In fact, I almost dread it.

I'd rather avoid [redacted] than I won't have another panic attack.

I feel [redacted] most of the time nowadays and I get hot and shaky when [redacted]

I have these obsessive thoughts about [redacted] and they only go away if I [redacted]. It's like a routine I need to go through to make myself feel better.

I just can't stop worrying about [redacted]. And when I say 'I can't', I mean I REALLY can't. It's like I've lost control of my mind.

Whatever your [redacted] may be, these are all common symptoms of anxiety, in fact thousands of other people experience them too.

Anxiety Care has a website full of information that can help. Plus a helpline, online discussion rooms and support, recovery & counselling services.

[www.anxietycare.org.uk](http://www.anxietycare.org.uk)  
[enquiries@anxietycare.org.uk](mailto:enquiries@anxietycare.org.uk)

Helpline: 020 8478 3400

10-3 every Monday and Wednesday

## Anxiety Care

Anxiety Care is a registered charity  
(number: 1058267)